Celebrity Pg 22

Eva wasn't ready for 1st hubby

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VANCOUVER • TUESDAY, AUGUST 12, 2008 metronews.ca

Health Pg18

How to handle raw food on the barbecue

Const. guilty in 2006 Taser incident

ANDREA WOO
for Metro Vancouver

An RCMP officer has been found guilty of assault with a stun gun stemming from a 2006 Taser incident in 100 Mile House.

In December 2006, Const. Dan Cameron and two other officers were called to a pub on Highway 97, where they arrested a man and Cameron zapped him with a Taser.

A provincial court judge said yesterday that while Cameron's use of the Taser was not excessive, it was unwarranted because they did not have the grounds to arrest the man in the first place.

Cameron will be sentenced later this month.

Entertainment pg20

Music, golf, charity mix

Learning Curve p11

Decking out a dorm room

Beijing page 9

Easy cruise to final row

Please recycle

Beijing ball

Bay day

JESSICA RINALDI/REUTERS

Lauren Bay Regula from Trail, B.C., pitches for Canada against Taiwan during the softball competition yesterday at the Beijing 2008 Olympic Games. More coverage pages 9,10.

Pit bulls' owner queried

ANDREA WOO
for Metro Vancouver

Police questioned and released the owner of a pack of pit bulls believed to be responsible for a string of attacks over the last year yesterday.

The man was arrested in the 2400-block of Bayswater Street in Vancouver after neighbours reported seeing the green Dodge Caravan that has been linked to up to eight attacks over the past 11 months.

Surrey RCMP Cpl. Jack Hundial said the name of the man will not be released until charges are approved, though he did say that it is believed the man has no fixed address.

"But we do have points of contacts for him with friends and family around the Lower Mainland," he said.

Media reports identified him as 53-year-old Hal Harris, adding that he may sleep in his van.

There are currently no official charges pending against him, though Vancouver Animal Control seized three adult pit bulls and one pit bull puppy.

Dan Brown, a Capital Region District bylaw officer, said that they would seek a provincial court order to have the dogs destroyed.

The seized dogs are believed to be responsible for attacking Surrey resident Jody Tomlinson and his dog Sunday.

Police and the SPCA are investigating whether they are also linked to attacks on joggers, cyclists and other animals throughout North Saanich, Vancouver Island and Surrey.

Man kills self, other driver in suicide run

A suicidal Chilliwack man drove his van headfirst into an oncoming sport-utility vehicle, killing himself and a 40-year-old man and injuring four passengers, including a three-year-old girl, RCMP in Agassiz said yesterday.

Three family members and two visitors from Washington state were inside the SUV. Two passengers were airlifted to hospital, but are expected to survive.

The crash, which occurred Sunday on Ferry Road near the Agassiz-Rosedale Bridge, is being investigated as a murder-suicide.

On Sunday, RCMP in the Fraser Valley received a suicide call from Gerald Guliker, 44, of Chilliwack. The man's relatives also called police, warning that the man was suicidal.

Police spotted Guliker's vehicle parked along Buston Road in Rosedale, B.C. He drove away. RCMP followed but lost sight of him as he turned east onto Ferry Road.

Minutes later they came across the crash site. Guliker and the 40-year-old from Chilliwack were pronounced dead at the scene.

In June, Guliker was arrested for uttering threats related to an ongoing domestic dispute.

He is believed to have three teenaged children.

JEFF HODSON/METRO VANCOUVER

Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde

Airshow attendance hovers around 250,000

Organizers are calling this past weekend's Abbotsford International Airshow a big success. More than 250,000 people showed up for the eight hours of performances on Friday, Saturday and Sunday. METRO NEWS SERVICES

Local

Sanford's mask needs fan's touch

Canucks fans have the chance to design goalie Curtis Sanford's mask for next season. Designs must be submitted by August 25, and rules can be found online at www. Canucks.com.

METRO VANCOUVER

Sexual offender missing, cops warn

JACOB A convicted sex offender walked away from his halfway house, Vancouver police warned the public yesterday.

Marcellus Norman Jacob, 27, left the house where he is serving a seven-year federal sentence for break and enter and sexual assault at 5:30 p.m. Sunday.

Marcellous Jacob

Jacob is considered a high risk to re-offend sexually or physically and has been sexually violent to adult women and teenage girls. Police said Jacob has a long history of violent and property-related offences.

Jacob is five-foot four-inches tall and weighs 169 pounds. He has dark spiky hair and was wearing a read sweater, black pants and runners.

METRO VANCOUVER

Market blamed for housing slowdown

ANDREA WOO
for Metro Vancouver

New housing prices increased at their slowest pace in more than six years, with Vancouver's year-over-year prices up only about half the rate of the national increase.

According to a Statistics Canada report released yesterday, national contractors' selling prices rose 3.5 per cent between June 2007 and June 2008, compared with the 4.1 per cent year-over-year increase in May.

"(Builders have) been saying that there's an increase in competition and the market in general is slowing down."
Neil Killips, economist

Vancouver was up only 1.8 per cent.

Neil Killips, economist for Statistics Canada, attributed the slowing to a softening housing market.

"We try to ask the builders why they increase or decrease their prices and they've been saying that there's an increase in competition and the market in general is slowing down," he said.

While price increases have been relatively slower, however, the Canada Mortgage and Housing Corporation (CMHC) reported yesterday that housing starts took a big jump last month.

There was a 25 per cent increase in homes going up than in July 2007, attributed heavily to higher density, multiple-family projects.

RAFE ARNOTT/METRO VANCOUVER

The once hot housing starts in Vancouver are showing signs of slowing due to a softening market.

Share your thoughts »
vancouverletters@metronews.ca

Thieves take firearms in gun store robbery

HEIST Police are looking for two men who robbed a New Westminster gun store and assaulted the clerk yesterday.

The men entered the store at Lock Stock and Barrel at 825 McBride Ave. and asked about a few items for sale. After a few minutes, one of the men assaulted the clerk and the duo made off in a vehicle with a yet-to-be-determined amount of firearms.

One man is described as being white, five-foot-eigh, 150 pounds and 55 to 65 years old with short grey hair. The other man is 22 to 27 years old with short black hair and a dark complexion.

ANDREA WOO/
FOR METRO VANCOUVER

Presumed dead

B.C. man missing in chopper crash

YUKON RIVER A B.C. man is missing after the helicopter he was piloting crashed into the Yukon River over the weekend, CBC Online reports.

Richard James Woods, 67, from Merritt, is presumed dead after his chopper went down about 200 kilometres north of Whitehorse.

METRO NEWS SERVICES

FILE PHOTO — RAFE ARNOTT/METRO VANCOUVER

The Peace Arch border crossing was closed for four hours Sunday after a woman told officers she had a bomb.

Peace Arch border crossing reopens after bomb threat

ANDREA WOO
for Metro Vancouver

TRAFFIC Traffic is flowing through the Peace Arch Border crossing again after being shut down because of a bomb threat.

The busy crossing was closed for more than four hours on Sunday night and reopened around 12:15 a.m. yesterday morning, police said.

Surrey RCMP Insp. Darren Lench said an "emotionally disturbed woman" told Canada Border Services Agency (CBSA) officials she had a suspicious object in her bag.

"She had initially gone to the U.S. crossing (and) was sent back to the Canadian crossing," said Lench. "At that time she made a disclosure to the CBSA officials at the border."

The woman was detained and the bag secured in a safe area for the bomb squad to examine.

Lench said the object wasn't dangerous, the crossing was re-opened and the woman taken to hospital for examination.

News in brief

MEDICAL RECORDS The BCMA says electronically storing medical records will help them provide faster, more efficient care, news1130.com reports. The patient's information will be encrypted with industrial-strength lockdown measures.

METRO NEWS SERVICES

metronews.ca
What's online today.

Watch video footage from Sunday's riots in Montreal and reports on the 90th Canadian soldier to be killed in Afghanistan and asbestos fears in the aftermath of the Toronto explosion

Read Allan Small's Investment Perspectives, on the benefits of mutual funds in a volatile market

Play online Jumble Jong!

Volcanic ash prevents flight
Alaska Airlines cancelled a Vancouver to Anchorage fight Sunday to avoid ash from a volcano that erupted in the Aleutian Islands last week. METRO VANCOUVER

Rat woes not over yet

Numbers to rise as temperature drops: Expert

KRISTEN THOMPSON
Metro Vancouver

It's not the pitter-patter of tiny feet most people want to hear.

Complaints about rodents in Vancouver have gone up 27 per cent this summer compared to last, said one pest controller, despite the fact there was a garbage strike last year.

John Mitten, branch manager with Poulin's Pest Control, said the garbage strike, which provided shelter, food and warmth for rodents, provided an ideal opportunity for breeding.

The warm weather and abundance of construction, which disrupts the rodents and sends them onto the street, can also account for the spike.

"We're seeing activity now, yes, but wait until the temperature starts dropping," said Mitten.

"We'll see huge numbers of mice and rats and that's when we'll start seeing the full extent of what we're seeing right now."

He said people can combat the rodents by keeping clean and neat homes, inside and out.

"Pest control is 50 per cent sanitation," Mitten said.

"If you have dirty environment you're going to be plagued with pets."

Anna Marie D'Angelo, a spokesperson for Vancouver Coastal Health, said the rats are viewed as a nuisance, but aren't believed to pose a health risk to people.

"In the summer there's usually an increase in rats due to fruit trees being ripe and there's an increase in construction, which displaces them," she said.

Pest control tips

- Trim back vegetation that touches the house.
- Clean the crumbs out from under your stove and fridge.
- Keep open food stored in containers that seal effectively.
- Don't leave pet food and water on the floor at night.

RAFE ARNOTT/METRO VANCOUVER

A passerby strolls past a dead rat on Homer Street yesterday.

Winning responses biological

ANDREA WOO
Metro Vancouver

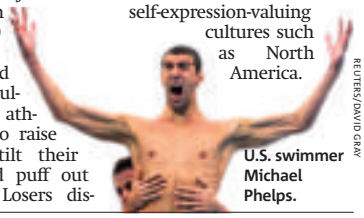
SCIENCE A new study of Olympic athletes shows expressions of pride and shame are innate and biological, rather than learned responses.

The study, done by University of B.C. psychology researcher Jessica Tracy, compared the body language and non-verbal expressions of sighted, blind and congenitally blind judo competitors from more than 30 countries.

Tracy found across all cultures, winning athletes tended to raise their arms, tilt their heads up and puff out their chests. Losers displayed slumped shoulders and narrowed chests.

"Since congenitally blind individuals could not have learned pride and shame behaviours from watching others, these displays of victory or defeat are likely to be an innate biological propensity in humans," said Tracy in a statement.

Tracy also found to some extent, cultures influenced the responses among sighted athletes, though it was less pronounced among those from individualistic, self-expression-valuing cultures such as North America.



REUTERS/DAVID GRAY

U.S. swimmer Michael Phelps.

News in brief

LOTTERY A Langley woman who bought a SportsFunder's Gold Medal Figure Skating lottery ticket won two tickets to the competition at the Vancouver 2010 Olympic Games. Mavis Chisholm bought the ticket in Prince George, where she was vacationing.
METRO NEWS SERVICES

RESCUE An exhaustive search involving RCMP and Pemberton Search and Rescue ended happily when Blackcomb Helicopter pilots discovered a pair of missing hikers Sunday in the Stein Valley. The pair were reported missing Friday by family members.
METRO NEWS SERVICE

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Second Canadian soldier killed in three days

Master Cpl. Erin Doyle a soldier from an Edmonton-based battalion was killed early yesterday in southern Afghanistan when insurgents attacked his combat outpost in the Panjwaii district, military officials say. Doyle becomes the second soldier in three days to be killed in Afghanistan. **SOURCE: CBC NEWS ONLINE**

Canada

"I had realized what I had done, but unfortunately it was too late."

Canadian actress Paula Morgan speaking about leaving her wedding ring in a public bathroom during a costume change.

Stolen ring

Morgan, who is filming the 9-11 based movie Diverted, is appealing to whoever stole the rings to return them to their rightful owner.

City recovering from blast

Toronto continues cleanup after propane explosion

Toronto is picking itself up and dusting itself off after Sunday's massive propane explosion turned the area into a wasteland.

There's a lot of dusting to do and it won't be cheap. The price tag on property damage and compensation for lost business is likely to be tens of millions of dollars. Some residents and store owners say they don't have insurance.

Mayor David Miller said Toronto couldn't stop the Sunrise plant from being built in a residential area. Miller vowed to try to root out other potentially lethal combinations of industry and housing. But he said once Ontario's Technical Standards and Safety Authority had approved Sunrise's application, the city's hands were tied.

MARK BLINCH/REUTERS

Daniela Valente sits on a bench as she waits to be let back into her home the day after large explosions occurred at a propane facility in Toronto yesterday.

The blast at the propane distribution plant drove some 12,000 people from their homes. Firefighter Bob Leek died during the battle to control the blaze.

TORSTAR NEWS SERVICE

OnlineVideo www.metronews.ca

Police chief pleads for calm after riots

MONTREAL Youths went on a rampage in a Montreal neighbourhood late Sunday, clashing with riot police and setting cars ablaze in retaliation for the shooting death of an 18-year-old man a day earlier.

The violence follows an incident in a park in the same neighbourhood where a police officer fatally shot the teenager and two other men were wounded as officers tried to make arrests.

Hundreds of officers in riot gear chased a group of youths in a culturally diverse part of north Montreal Sunday after numerous incidents of vandalism, arson and looting.

The crowd hurled bottles at firetrucks arriving on the scene to douse the fires that lit up the neighbourhood into the morning, reports said.

"They want to send the society a message and I received that message."
Yvan Delorme

Montreal police Chief Yvan Delorme called for an end to the violence and said the police are willing to do what it takes to improve relations with the community.

"They want to send the society a message and I received that message," Delorme said. "I have to work with all the community to find the solution."

REUTERS

OnlineVideo www.metronews.ca

Afghan security firms back in the spotlight

SOLDIER DEATH The role of private security firms in Afghanistan is under renewed scrutiny as Canadian military investigators try to determine whether friendly fire by guards-for-hire killed a young Canadian soldier.

The Canadian military would not comment yesterday, saying the matter is under independent investigation.

But Stars and Stripes, an American military newspaper, posted an article and video on its website that showed confusion as coalition forces tried to get answers after the shooting that killed Master Cpl. Josh Roberts.

The officers suggested the convoy of private security guards opened fire, apparently thinking they were under attack.

Master Cpl. Josh Roberts

"Their normal contact drill is that as soon as they get hit with something, then it's 360, open up on anything that moves," said Maj. Corey Frederickson, part of a Canadian advisory team that trains and mentors the Afghan army. "We think that's probably what happened."

TORSTAR NEWS SERVICE

News in brief

DRUG CRACKDOWN The union representing Canadian prison guards announced publicly yesterday that it is worried a crackdown on drug smuggling in prisons could lead to more violent incidents like a day-long standoff at a maximum security prison near Kingston last week that ended in a two day lockdown.

POLITICAL AIDE A Quebec man charged with first-degree murder in the death of a provincial political aide will stand trial next January. The murder trial for Francis Proulx, 29, will begin in Rivière-du-Loup Jan. 26. Proulx was arrested last May after Nancy Michaud's corpse was found in a house.

METRO NEWS SERVICE

JENNIFER TAPLIN/METRO CANADA

Minister of Public Safety Stockwell Day displays the Global Positioning System anklet that will be used in a federal pilot project next month. The offender monitoring system will mirror the one used in Nova Scotia.

Tories trying high-tech crime prevention

JENNIFER TAPLIN
Metro Canada

TRACKING The feds want to try Nova Scotia's method of keeping an electronic eye on convicts.

A Global Positioning System device attached to an anklet makes sure offenders who are given house arrest or curfews adhere to the rules. Nova Scotia has been using them since 2006 and Minister of Public Safety Stockwell Day said they want to copy it.

"With this kind of device, corrections officers can monitor exactly the whereabouts of an offender at any given moment," he said.

About one in eight federal offenders break conditions or reoffend. And while most of these incidents are minor, Day said, some of the crimes are very serious.

So, next month the Correctional Service of Canada will lock GPS anklets on 30 offenders in Ontario for a one-year, $600,000 pilot project.

"We're launching this pilot project in the Ontario area, but we're drawing from the expertise of the program that's being run here in Nova Scotia."

Day said several factors will be considered in choosing criminals, but sexual offenders will be at the top of the list.

parole breaches

Ontario was picked because last year there were 81 people who breached their parole in that province, Day said.

Conrad Black's son fined for traffic offences

ACCIDENT Jonathan Black pleaded guilty to reduced charges three "minor" Highway Traffic offences and was fined $2,000 in court yesterday for striking a stopped car last March in Toronto's financial district and driving away.

The eldest son of imprisoned former media baron Conrad Black has to pay three fines under the Highway Traffic Act: $500 for failing to remain at the scene of an accident; $1,000 for driving under suspension and $500 for following too closely.

TORSTAR NEWS SERVICE

Feds shut down charity for fraud

TAX SHELTER A Toronto charity that claimed it received a whopping $464-million in donations for the city's poor has been shut down by the federal government.

The International Charity Association Network embellished the amount of donations it received over a three-year period as well as the amount of good work it did, says the federal charity regulator. It was part of a tax-shelter scheme that saw donors get high tax receipts.

TORSTAR NEWS SERVICE

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2 - 901 Lougheed Hwy.
22 - 2988 Glen Dr.

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1295 Marine Dr.
1748 Lonsdale Ave.
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Big whales recovering since hunt ban

Some large whale species such as the humpback, minke and southern right whale are recovering from a threat of extinction, helped by curbs on hunts since the 1980s, but many small species are still at risk, the International Union for Conservation of Nature said. REUTERS

World/Business

Sarkozy leading peace effort in Georgia conflict

Moscow ignores Western pleas to halt incursion

French President Nicolas Sarkozy will lead efforts today to end hostilities between Russia and Georgia as the conflict appeared to widen with pro-Moscow rebel forces opening a fresh offensive against Georgian troops.

Sarkozy was due to arrive in Moscow this morning and meet President Dmitry Medvedev before flying to Georgia on a day of intense diplomacy aimed at ending violence in a region key to international oil transit.

Pro-Western Georgia and Russia came into direct conflict over South Ossetia last week after Tbilisi launched an offensive to regain control over the pro-Moscow breakaway separatist region.

Hostilities appeared to broaden as Abkhazia, another Russia-backed rebel region, launched an offensive at dawn today to force Georgian troops out of the disputed Kodori gorge, Abkhaz Foreign Minister Sergei Shamba said.

"The operation to liberate Kodori gorge has started," he told Russia's Vesti channel. "Our troops are making advances. We are hoping for success."

U.S. President George W. Bush demanded Russia end its armed conflict with Georgia and accused the Kremlin of trying to topple Georgia's leadership. REUTERS

Convoys to Armenia

- The U.S. State Department said yesterday at least 170 American citizens from Georgia, as well as dependents of embassy staff in the capital Tbilisi, joined several U.S. convoys bound for Armenia because of fighting with Russia.

Business

Canadian dollar seen dropping to 90 cents

CURRENCIES The Canadian dollar is more likely to drop below 90 cents US than return to recent levels above the greenback, as a faltering world economy and lower commodity prices put Canadian growth under pressure.

After being kicked out of the tight range it occupied from last November until late July, the Canadian dollar has not been able to halt a steepening slide that has it headed for its lowest level in well over a year.

Shaun Osborne, chief currency strategist at TD Securities, said he expects the norm for the Canadian dollar to be somewhere in the range of 90 to 95 cents in the next three to five months.

Less than a month ago the Canadian dollar was worth a touch more than a greenback. REUTERS

Background

- The loonie's 17.5 per cent surge last year put it briefly above $1.10 US in November.
- The 21 per cent slide in oil prices from above $147 a barrel in July and evidence the global economy is slowing have been blamed for the sudden decline because Canada is a key exporter of oil and commodities.

Knowledge of pregnancy pill low: Survey

CONTRACEPTIVE Teenage girls living in urban centres have little knowledge about emergency contraceptives, or the morning-after pill, to prevent pregnancy, according to new research.

Dr. Cynthia J. Mollen, of Children's Hospital of Philadelphia in Pennsylvania, said although the morning-after pill can be taken up to five days after unprotected sex to prevent a pregnancy, "multiple misconceptions" about emergency contraceptive pills exist.

Among girls who were not sexually active, 50 per cent had never heard of the morning-after pill, and just four girls who had heard of it knew when to use it or how to obtain it. REUTERS

Neuroscientist Pakistani women show solidarity

AKRAM SHAHID/REUTERS

Islamist party activists show solidarity with U.S.-trained neuroscientist Aafia Siddiqui during a demonstration in Hyderabad, Pakistan, yesterday. Pakistan has demanded consular access to Siddiqui, a Pakistani woman with suspected links to al Qaeda, who is due to be arraigned in New York today on charges of attempting to murder U.S. troops and FBI agents in Afghanistan.

Trump sues former lawyers

NAME New York property developer Donald Trump is suing his former lawyers, Morrison Cohen LLP, for $5 million, saying the firm's use of his name on its website and in interviews violated his privacy.

The law firm dismissed the lawsuit as an attempt by Trump to avoid paying $600,000 in overdue legal fees. REUTERS

In brief

AUTOMOTIVE Toyota Motor Corp. is considering exporting U.S.-made vehicles as it sees potential demand for its large pickup trucks and sport utility vehicles overseas. It is also considering cutting more temporary U.S. manufacturing jobs.

BOOK The authorized biography of billionaire investor Warren Buffett, the first written with his cooperation, is due for release on Sept. 29. REUTERS

Tiffany appeals EBay ruling

LAWSUIT U.S. jeweller Tiffany & Co said it appealed a recent court ruling that found EBay Inc was not responsible for policing fake Tiffany jewelry sold on its website.

Tiffany sued EBay in 2004, alleging it turned a blind eye to the sale of fake jewelry on its website. But in July, all its trademark infringement claims were rejected. REUTERS

News in brief

EARTHQUAKE A 5.1 magnitude earthquake shook east Venezuela yesterday morning, damaging buildings and forcing patients to evacuate a hospital in the oil producing region.

PLEA DEAL The so-called Preppy Killer, who served 15 years behind bars for strangling a woman in New York's Central Park in 1986, pleaded guilty yesterday to selling drugs and assault. In a plea deal with prosecutors, Robert Chambers, 41, agreed to a sentence of 19 years and four months in prison. REUTERS

Former Thai PM Thaksin skips bail, flees to Britain

EXILE Former Thai Prime Minister Thaksin Shinawatra skipped bail yesterday and went into exile, accusing political enemies who removed him in a 2006 coup of meddling in the courts to "finish off" him and his family.

In a hand-written statement from London, the 59-year-old billionaire apologized to the Supreme Court for failing to appear in a corruption case, which also involves his wife.

"If I am fortunate enough, I will return and die on Thai soil, just like other Thais."
Thaksin Shinawatra

"If I am fortunate enough, I will return and die on Thai soil, just like other Thais," he said in a hand-written note. REUTERS

Run for your long and healthy life

HEALTH People who want to live a long and healthy life might want to take up running. A study published yesterday shows middle-aged members of a runner's club were half as likely to die over a 20-year period as people who did not run.

Running reduced the risk not only of heart disease, but of cancer and neurological diseases such as Alzheimer's, researchers at Stanford University in California found. REUTERS

METRO Vancouver

1190 Homer Street, Suite 250
Vancouver, BC V6B 2X6
Tel: 604-602-1002
Fax: 1-866-254-6504

Advertising: 604-602-1002
adinfovancouver@metronews.ca
Distribution inquiries:
vancouver_distribution@metronews.ca

metro_inquiries@metronews.ca
vancouverletters@metronews.ca

Local:
Publisher, Maryse Lalonde
Managing Editor, Fernando Carneiro
fernando.carneiro@metronews.ca
Distribution Supervisor, George Acimovic
Marketing Manager, Olga Edwards
National:
Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart
Art Director, Laila Hakim
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Love in a time of prenups

SmartCookies

So the discussion of prenuptial agreements might seem a little unromantic and out of place amongst talk of dresses and honeymoon destinations, but if you want to protect your financial future a prenuptial agreement is the way to go. Marriage, after all, is not just about joining your lives; it's about joining your bank accounts, your assets and (unfortunately for one of you!) your debts.

Drafting up an agreement before your wedding day will give you both an opportunity to decide what will happen to income and assets if the marriage ends. For the hopeless romantic, talking about the D word before even walking down the aisle might be a bit much, but with almost half of Canadian marriages ending in divorce it's realistic to think you could be part of those stats. Talking about money before your big day can save heartache in the long term.

Of course it doesn't make sense for everyone to have an agreement drawn up before marriage. But, there are many situations in which you would be smart to consider it. For example, when you bring a home, stocks or inheritance into the marriage or if you are part owner of a family cottage or business then you might want to protect the assets you and your family worked hard to obtain. Other reasons include when one of you has significantly more money than the other coming into the marriage or can foresee a significant amount coming your way in the very near future. An agreement is also important when one or both of you have children from a previous marriage.

For the hopeless romantic, talking about the "D word" before even walking down the aisle might be a bit much, but with almost half of Canadian marriages ending in divorce it's realistic to think you could be part of those stats.

When you begin to discuss the terms of your agreement be sure to draft up an initial document yourself that you can bring the lawyer. Having a well thought out plan will save you time and money because you won't be starting from scratch while paying your lawyer by the hour.

And yes, it is essential to make sure the prenup is legally drawn up with a lawyer. Steven Spielberg's bank account is millions of dollars lighter these days because his prenup was written on the back of a napkin on his wedding day.

Of course, just like wills, prenups can be updated. After years of wedded bliss you might want to review your prenup and make adjustments to previous decisions. Prenups are flexible and you should be too. After all, marriage is as much a financial union as it is a physical and emotional one.

If you have questions for the Smart Cookies, e-mail us at smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing with other people's money

Q I plan to use my personal line of credit and borrow an additional $8,000 to buy some stocks while they are cheap. Is this a good idea? Danny

MoneyMatters

A The idea of using other people's money to get rich is not unique. The rich did not get rich without using this idea. On the flip side, the poor can get poorer: Look at the United States' housing market and the thousand of default mortgages.

The strategy of using "leverage" is used by many investors to increase their returns. It is not for the faint of heart. Let's look at a typical scenario.

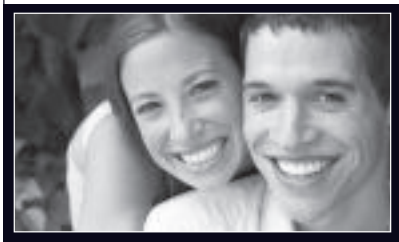
- Investor "A" buys $30,000 of stocks with cash savings. Stocks increase in the year by 10 per cent, or $3,000.
- Investor "B" leverages $30,000 plus $30,000 cash. Stocks increase 10 per cent or $6,000 ($60,000 x 10%). Investor B has a yield of 20 per cent less leverage cost ($6,000 divided by cash investment $30,000).
- Fantastic returns provided markets co-operate.
- If market declines, a leveraged investor would end up suffering double the losses.

Henry Choo Chong, CGA provides professional accounting and taxation solutions, choochonghcga@yahoo.ca.

InvestmentPerspective

Metro columnist Allan Small looks at the bright side of mutual funds. Read this week's column at metronews.ca

MAX Dental @ Yaletown



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Springsteen reportedly to play Super Bowl halftime show

Bruce Springsteen will reportedly play the halftime show at Super Bowl XLIII. The New York Post cited a source as saying Springsteen, the creator of such hits as Born in the USA and Born to Run, will take the field at halftime during the February 1 contest in Tampa. METRO NEWS SERVICES

Sports

Jankovic new world No. 1

The Sony Ericsson WTA Tour has crowned Jelena Jankovic, left, as the new world No.1, as the official rankings were published yesterday. Jankovic replaces Serbian compatriot Ana Ivanovic, who drops to No. 2. Russia's Svetlana Kuznetsova is ranked third, American Venus Williams moved up one spot to fourth and Russian Maria Sharapova rounds out the top five. METRO NEWS SERVICES

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Jays find offensive surge

Toronto ends three-game losing streak by pounding on Tigers

Blue Jays 7 Tigers 2

After a decade spent watching big-league baseball from his couch rather than a dugout, Blue Jays manager Cito Gaston has a tough time putting names with faces.

And that's just his own team.

Upon retaking the reins nearly two months ago, Gaston admitted that it took him a few days to figure out who was who in the Toronto bullpen. He recalled a moment during his first series back in charge in Pittsburgh.

Gaston came out to change pitchers.

"The umpire asked, 'Who is that coming in?'." Gaston said with a low laugh. The new manager was stymied. "I told him, 'I thought you would know.'"

Self-deprecating anecdotes are Gaston's stock in trade. This one slyly reveals a greater truth about the club's manager: He likes going with people he knows.

Ask John McDonald or Brandon League. Better yet, ask David Eckstein. Gaston's love of familiarity shows up nightly on the lineup card.

Last night, the manager had a chance to slot one of his most favoured pieces back into the puzzle — Vernon Wells in centre field. Wells, who continues to rehab on the fly from a hamstring injury, responded with the sort of sparkplug game that has earned him the admiration of all his bosses.

Wells was in the middle of two early outbursts that put the Tigers on the ropes early. He finished the night 2-for-3 with two runs scored.

The Jays won easily, 7-2. Seven runs is more than the Jays scored in their previous three against Cleveland combined. The offensive shellacking overshadowed another solid start from Shaun Marcum. The 26-year-old did not dominate, but he kept the Tigers off-balance all night long. Both Tigers runs he allowed over six frames came on solo home runs to lead off innings.

The relief corps — so reliable recently that you don't need to know names, you just have to find the bullpen phone number — shut Detroit out from there.

The Jays led 6-1 after five and had already chased Tigers starter Justin Verlander from the game.

Verlander (8-13) lasted just 4⅓ innings, giving up six runs and seven hits. The 2006 AL rookie of the year has given up 24 earned runs over his last four starts, losing all four.

Catcher Rod Barajas was 2-for-3 with a home run, his tenth of the season, and three RBIs.

TORSTAR NEWS SERVICE

REBECCA COOK/REUTERS

Toronto Blue Jays catcher Rod Barajas, right, celebrates at home-plate with Adam Lind after Barajas hit a solo home-run against the Detroit Tigers during the sixth inning of yesterday's game in Detroit. The Blue Jays defeated the Tigers 7-2.

Doughty signs with Kings

NHL The Los Angeles Kings agreed to terms on a three-year entry-level contract with defenceman Drew Doughty yesterday.

Per team policy, terms were not disclosed.

Doughty was the Kings' second-overall draft pick in last June's draft out of the Ontario Hockey League.

The 18-year-old registered 13 goals and 50 points in 58 regular-season games with the Guelph Storm.

Lee, Byrd win weekly honours

MLB Houston Astros outfielder Carlos Lee was named National League Player of the Week for the period ending August 10. Lee led the National League with a whopping .550 (11-for-20) batting average.

Texas Rangers outfielder Marlon Byrd got the American League weekly honours. Byrd had multiple hits in six of his seven games last week and batted .571 with 16 hits in 28 at-bats.

Rookie Longoria headed to DL

MLB The Tampa Bay Rays placed rookie third baseman Evan Longoria on the 15-day disabled list yesterday with a fractured right wrist.

Longoria was hit by a pitch from Seattle Mariners closer J.J. Putz on Thursday which caused the injury.

The 22-year-old All-Star was hitting .278 with a team-best 22 home runs, 71 RBI, 27 doubles and a .533 slugging percentage in 104 games.

Galaxy shakes up its management

SOCCER Los Angeles Galaxy head coach Ruud Gullit has resigned for personal reasons, while Alexi Lalas has lost his job as president and general manager, the club said on its website yesterday.

The Galaxy, led by England midfielder David Beckham, are in the midst of a seven-game winless streak.

Nova Scotia's Ante Jazic has played for the Galaxy since 2006.

METRO NEWS SERVICES

SCOREBOARD

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	PCT	GB
Tampa Bay	71	46	.607	—
Boston	68	51	.571	4
N.Y. Yankees	63	56	.529	9
Toronto	60	59	.504	12
Baltimore	56	61	.479	15

CENTRAL DIVISION

	W	L	PCT	GB
Minnesota	66	52	.560	—
Chicago Sox	65	52	.556	½
Detroit	58	60	.492	8
Kansas City	54	64	.458	12
Cleveland	52	64	.453	12½

WEST DIVISION

	W	L	PCT	GB
L.A. Angels	74	43	.632	—
Texas	61	58	.513	14
Oakland	54	63	.462	20
Seattle	45	73	.381	29½

NATIONAL LEAGUE

EAST DIVISION

	W	L	PCT	GB
Philadelphia	64	53	.547	—
N.Y. Mets	62	56	.525	2½
Florida	62	57	.521	3
Atlanta	55	63	.466	9½
Washington	44	75	.370	21

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Cubs	71	47	.602	—
Milwaukee	68	51	.571	3½
St. Louis	66	55	.545	6½
Houston	59	59	.500	12
Pittsburgh	54	64	.458	17
Cincinnati	52	67	.437	19½

WEST DIVISION

	W	L	PCT	GB
Arizona	60	58	.508	—
L.A. Dodgers	58	59	.496	1½
Colorado	53	67	.442	8
San Francisco	50	67	.427	9½
San Diego	46	72	.390	14

YESTERDAY'S RESULTS

AMERICAN LEAGUE

Toronto 7 Detroit 2
Cleveland 13 Baltimore 8
Minnesota 4 N.Y. Yankees 0
Boston 5 Chicago White Sox 1

NATIONAL LEAGUE

Milwaukee 7 Washington 1
Pittsburgh 7 N.Y. Mets 5
St. Louis 4 Florida 2
Houston 3 San Francisco 1
L.A. Dodgers 8 Philadelphia 6

TODAY'S GAMES

AMERICAN LEAGUE

Toronto at Detroit, 4:05
Texas at Boston, 4:05
Baltimore at Cleveland, 4:05
N.Y. Yankees at Minnesota, 5:10
Kansas City at Chicago White Sox, 5:11
Tampa Bay at Oakland, 7:05
Seattle at L.A. Angels, 7:05

NATIONAL LEAGUE

Cincinnati at Pittsburgh, 4:05
Chicago Cubs at Atlanta, 4:10
N.Y. Mets at Washington, 4:10
St. Louis at Florida, 4:10
San Francisco at Houston, 5:05
Arizona at Colorado, 6:05
Milwaukee at San Diego, 7:05
Philadelphia at L.A. Dodgers, 7:10

AL BATTING LEADERS

Name, team	AB	R	H	AVG
Damon NYY	394	64	127	.322
Kinsler Tex	492	97	157	.319
Bradley Tex	307	60	98	.319
Ordonez Det	396	53	126	.318
Pedroia Bos	482	81	152	.315
Mauer Min	372	69	117	.315
Youkilis Bos	406	69	128	.315
Rodriguez NYY	362	73	114	.315
Polanco Det	432	69	135	.312
Lopez Sea	471	59	146	.310
Suzuki Sea	493	78	153	.310

NL BATTING LEADERS

Name, team	AB	R	H	AVG
Jones Atl	327	63	121	.370
Pujols StL	374	71	131	.350
Holliday Col	400	82	139	.347
Berkman Hou	410	93	137	.334
Theriot ChC	430	62	135	.314
Lee Hou	436	61	137	.314
Jackson Ari	396	71	123	.311
Ludwick StL	385	79	118	.306
McCann Atl	374	51	114	.305
Molina StL	361	29	110	.305
Hudson Ari	407	54	124	.305

CFL

WEST DIVISION

	W	L	T	PTS
Saskatchewan	6	1	0	12
Edmonton	4	3	0	8
Calgary	4	3	0	8
B.C.	4	3	0	8

EAST DIVISION

	W	L	T	PTS
Montreal	4	3	0	8
Toronto	3	4	0	6
Hamilton	2	5	0	4
Winnipeg	1	6	0	2

WEEK 8

THURSDAY'S GAME

Hamilton at Winnipeg, 5

FRIDAY'S GAME

Montreal at Toronto, 4:30

SOCCER

GAMES FEATURING THE VANCOUVER WHITECAPS MEN'S TEAM:

SUNDAY'S GAME

Puerto Rico at **VANCOUVER**, 7

BASEBALL

NORTHWEST LEAGUE GAMES FEATURING THE VANCOUVER CANADIANS:

TONIGHT'S GAME

Salem-Keizer at **VANCOUVER**, 7:05

Diamondbacks swap for Dunn

MLB The Arizona Diamondbacks have beefed up their offense by acquiring outfielder Adam Dunn from the Cincinnati Reds in exchange for three prospects.

The Diamondbacks also received cash considerations in the deal, which will send minor league pitcher Dallas Buck and two players to be named later to Cincinnati.

Dunn, who will be a free agent at the conclusion of the season, has 32 homers with 74 runs batted in and a .233 batting average in 114 games. He entered yesterday's play tied for the league lead in home runs.

The 28-year-old Dunn is in his eighth big league season and had spent his entire career with Cincinnati. He has 270 home runs, including four straight seasons with at least 40, and three times has eclipsed 100 RBIs.

Arizona is already without injured outfielders Justin Upton and Eric Byrnes, and the club just lost second baseman Orlando Hudson for the season with a left wrist injury that required surgery.

METRO NEWS SERVICES

JEFF ZELEVANSKY/GETTY IMAGES

The Cincinnati Reds have traded slugger Adam Dunn to the Arizona Diamondback for three prospects.

B.C. Sports in brief

CFL The B.C. Lions are in negotiations with former Denver Broncos running back Mike Bell. Successful talks would most likely spell the end for incumbent tailback Joe Smith, who has fallen out of favour with head coach Wally Buono due to a lack of production in the early part of the season.

NHL Mats Sundin isn't the only player keeping NHL teams waiting. Burnaby native Joe Sakic told a Colorado radio station that he will decide whether or not to retire in the next couple of weeks.

NHL Canucks keeper Curtis Sanford wants fans to colour his cage. The Canucks are asking the public to submit their designs for the goalie's mask. Sanford will have the winning entry painted on his mask for the upcoming season.

SCOTT RINTOUL/METRO VANCOUVER

Badminton
Anna Rice of North Vancouver, B.C., lost 21-7, 21-12 to China's Lu Lan yesterday in the Olympic quarter-finals. METRO NEWS SERVICES

Beijing Games

Canadian rowers cruise

Heavily favoured men's eight dominate foes en route to berth in final

First, they got a ball cut off. Then, they almost got run over.

It was quite the eventful start for the Canadian men's world champion eight in their quest for Olympic rowing gold.

The Canadians narrowly avoided a collision with Australia in a bizarre incident in their opening heat yesterday, but went on to easily win to advance to Sunday's final.

"Now, it's about becoming Olympic champions," said Jake Wetzel of Victoria.

A day after their first race was postponed by a thunderstorm, the Canadians had to deal with a number of distractions.

First, as they were readying themselves on the start line, the starting gate came up and chopped off their bow ball. Coxswain Brian Price got the attention of officials, who decided the Canadians could proceed without the protective rubber piece at the end of the boat.

When the race began, the Canadians got out in front while the Australians tried to put up a challenge. Canada was ahead by more than a boat-length well into the race when the Australians, suffering a rudder malfunction, suddenly veered into their lane, almost clipping them.

SHAUN BEST/REUTERS

Canada's men's eight dominated in the water yesterday at Shunyi Olympic Rowing-Canoeing Park at the Beijing Olympics.

"I'll tell you, this has been a bizarre Olympics," said Wetzel. "The next thing we know Australia's in our lane, which in 10 years of rowing I've never seen anything like that. It's just bizarre. All of a sudden you saw them coming over and they just about hit the back of our boat."

Still, the Canadians seemed to take it in stride, yuking it up and appearing to be a fairly loose bunch after the race.

"The Games is a big show, it's a big circus," said Adam Kreek of London, Ont. "It's living up to its expectations. It's great."

Wetzel said there's one thing that's surprised him so far.

"The only thing that's unexpected is it's in China and the Chinese haven't thrown anything at us yet," he said. "I was expecting something bizarre to be happening here, but it's gone very smoothly."

Added Kreek: "You hear stories from the Communist Games back in the '60s and '70s of like, fire alarms going off at midnight and dirty tricks like that being played, but none of that's happening."

TORSTAR NEWS SERVICE

Women into repechage

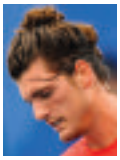
- Canada's women's eights didn't fare quite as well as their male counterparts yesterday, as they finished third in their prelimiary round heat with a time of 6:12.68 and were relegated to tomorrow's repechage.

Canadians crumble on court

TENNIS Daniel Nestor of Toronto and Frederic Niemeyer of Deauville, Que., were bounced in the opening round of the Olympic men's doubles tournament yesterday by brothers Andy and Jamie Murray of Great Britain.

The Canadian duo won the first set on the strength of a strong service game. Niemeyer's elbow injury flared up in the second set and the Canadians were unable to maintain their momentum, dropping the next two sets despite heroics from the 35-year-old Nestor. The final score was 4-6, 6-3, 6-4 for the brothers from Scotland.

In men's singles action, Frank Dancevic of Niagara Falls, Ontario lost to world No. 10 Stanislas Wawrinka of Switzerland 4-6, 6-3, 6-2. Dancevic was a last minute addition to the singles draw, having less than a day to prepare.


Dancevic

Despite his early exit the 24 year old is enjoying the Olympic experience.

"It was an awesome experience being here," Dancevic said. "Just being around all the athletes and around the atmosphere is a really cool thing."

Rafael Nadal and Roger Federer took their first steps towards Olympic gold yesterday with contrasting victories in the men's singles.

Top seed Federer breezed past Russian Dmitry Tursunov 6-4, 6-2, but Spain's Nadal dropped a set to Italy's Potito Starace for the first time before winning 6-2, 3-6, 6-2.

In the women's singles, China's Li Na upset No. 3 Svetlana Kuznetsova of Russia 7-6 (5), 6-4, while No. 2 Jelena Jankovic of Serbia beat Cara Black of Zimbabwe 6-3, 6-3.

METRO NEWS SERVICES

Judo **Tritton gets dumped**

PAUL GILHAM/GETTY IMAGES

Joao Pina of Portugal, left, battles Nicholas Tritton of Perth, Ont., in the men's under 73-kilogram judo event yesterday at the Beijing Games. Pina won the round of 32 match.

Ford moving on in kayak slalom

CANOE-KAYAK David Ford of Edmonton qualified for the second round of the men's K-1 slalom yesterday at the Beijing Olympics by finishing 13th with a combined time of 174.84 seconds.

Ottawa's James Cartwright didn't get as lucky with his 13th-place finish in the men's C-1 slalom, as he fell one place short of advancing with a combined time of 184.63 seconds.

Bay just misses out on no-hitter

SOFTBALL The Canadian women's softball team dominated Chinese Taipei early this morning, winning 6-1.

The Canadian contingent were led by two players, pitcher Lauren Bay of Trail, B.C.; and infielder Megan Timph of Simcoe, Ont. Bay, the sister of Red Sox slugger Jason Bay, had a no hitter into the fifth inning while Timph was the offensive catalyst, going 3-3 and adding three RBIs.

Canada off pace in equestrian

EQUESTRIAN Canada's eventing team is in ninth place after completing the cross country segment of the competition.

The team of Kyle Carter and Sandra Donnelly, both of Calgary; Selena O'Hanlon of Elgin, Ont.; Samantha Taylor of Richmond, B.C.; and Mike Winter of Montreal sits well back of Germany, which leads the competition, followed closely by Australia. Show jumping, the final component of the event, takes place today.

METRO NEWS SERVICES

Sports in brief

BADMINTON Val Loker of Laval, Que., and Mike Beres of Ottawa were eliminated in mixed doubles in straight sets 21-9, 21-9 by Thailand early this morning in Beijing.

SWIMMING Julia Wilkinson of Stratford, Ont., placed second in the women's 200 metres individual medley semifinal to earn a berth in tomorrow's final.

FIELD HOCKEY Australia thrashed Canada 6-1 in men's field hockey yesterday.

METRO NEWS SERVICES

Media

As China hoped, the world did tune in for the start of the Beijing Olympics with various polls yesterday estimating about one billion people, or 15 per cent of the world's population, watched the opening ceremony. REUTERS

Beijing Games

Medal count

Rank	Nation				Total
#1	China	9	3	2	14
#2	U.S.	3	4	5	12
#3	S.Korea	4	4	0	8
#4	Italy	3	3	2	8
#5	Russia	0	4	2	6
#6	Australia	2	0	3	5
#7	France	0	3	2	5
#8	Japan	2	0	2	4
#9	N.Korea	0	1	3	4
#10	Britain	2	0	1	3
#11	Holland	1	1	1	3
#12	Czech Rep.	2	0	0	2
#13	Finland	1	0	1	2
#14	Spain	1	0	1	2
#15	Cuba	0	1	1	2
#16	Germany	0	1	1	2
#17	Brazil	0	0	2	2
#18	Indonesia	0	0	2	2
#19	Azerbaijan	1	0	0	1
#20	India	1	0	0	1
#21	Romania	1	0	0	1
#22	Thailand	1	0	0	1
#23	Austria	0	1	0	1
#24	Colombia	0	1	0	1
#25	Hungary	0	1	0	1
#26	Norway	0	1	0	1
#27	Slovakia	0	1	0	1
#28	Sweden	0	1	0	1
#29	Turkey	0	1	0	1
#30	Vietnam	0	1	0	1
#31	Zimbabwe	0	1	0	1
#32	Algeria	0	0	1	1
#33	Argentina	0	0	1	1
#34	Belarus	0	0	1	1
#35	Croatia	0	0	1	1
#36	Georgia	0	0	1	1
#37	Switzerland	0	0	1	1
#38	Taiwan	0	0	1	1
#39	Tajikistan	0	0	1	1
#40	Uzbekistan	0	0	1	1
	Canada	0	0	0	0

(Count at the end of Day 3)

Bindra wins India's first solo gold

SHOOTING Abhinav Bindra won India's first individual Olympic gold medal yesterday with a thrilling come-from-behind victory in the men's 10m air rifle.

Bindra had been fourth after qualifying but had a brilliant final round and the Indian hit a near perfect 10.8 on his last shot to pull in front of Henri Hakkinen of Finland, who fell to bronze with a poor final shot.

That late stumble by the Finn allowed China's Zhu Qinan, the defending Olympic champion and heavy favourite, to salvage a bitter day with silver.

REUTERS

Sports in brief

BADMINTON Val Loker of Laval, Que., and Mike Beres of Ottawa were eliminated in mixed doubles in straight sets 21-9, 21-9 by Thailand early this morning in Beijing.

WATER POLO The Canadian men's water polo team were shut out 12-0 by Montenegro early this morning in preliminary-round action.

METRO NEWS SERVICES

Professor proves prophetic so far

Plenty of strong Canadian competitors still yet to perform at Beijing Games

YorkReport

Marty York

marty.york@metronews.ca

Assembled in Beijing is a bevy of determined and dazzling Olympians — male and female, young and not-even-all-that-young, — and yet, as I watch these special athletes perform, I find myself thinking mostly about, um, a professor from B.C.

Damn that Daniel K.N. Johnson. Can't get him out of my mind.

I'd like to tell you the K and the N in Johnson's name stand for Knows Nothing, but I can't. That'd be irresponsible. The man's record actually speaks for itself. He's the dude I brought to your attention last week, the prof who devised a formula that has enabled him to forecast with uncanny accuracy how countries will fare at the Olympics.

And he emerged with a pre-Beijing prediction of no gold medals for Canada.

Seriously, how nice would it be to imagine this man sitting in some corner at his college campus, wearing a dunce cap as his countrymen flourish in China?

Problem is, the bling thing isn't exactly happening excessively for Canadians, is it?

Heck, even Edmonton's Susan Nattrass — who has forever seemed to give Canada hope in trap shooting — failed to qualify for her final. She sure seemed to be sitting pretty initially but then missed a mind-boggling seven shots in the third round. And, as Susan was misfiring, I thought I heard Professor Johnson cackling.

Damn him.

"I was in front of targets," Natrass lamented. "I was behind targets. Over targets. Under targets. It was a mess. I need to go cry somewhere."

And, at 57, Susan likely is done as an Olympian. Not that she should cry or feel any shame whatsoever. She first competed at the Montreal Olympics, with men, in 1976. Chaps she competed against then are grandpas with pot bellies now. I say Natrass is a legend, even without a medal.

And ditto for Jujie Luan, the 50-year-old fencing icon who won gold for China back in 1984 but couldn't get past her second opponent in Beijing as a Canadian Olympian.

Yes, Canadians have been falling early — including Anna Rice in

Jujie Luan

badminton and Frank Dancevic in tennis. But I say authentic gold possibilities still loom. Maybe kayaker Adam van Koeverden. Possibly swimmer Brent Hayden. Perhaps taekwondo champ Karine Sergerie. There's the men's eight rowing team, which demolished opponents in its first heat on Chinese waters. And maybe, just maybe, even runners Gary Reed and/or Tyler Christopher can garner gold.

And if Reed or Christopher succeed, I'd encourage them to pick up one of those omnipresent cones at the track and bring it back home, where it can be utilized as a dunce cap. For Professor Johnson.

Damn him.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

American Phelps adds third gold to haul

Michael Phelps smashed another world record early this morning at Beijing's Water Cube to force his way into the pantheon of Olympic greats.

American Phelps carved almost a full second off his own world record to win the 200 metres freestyle to claim his third gold medal in as many days.

Coupled with his six from Athens in 2004, he joined compatriots Carl Lewis and Mark Spitz, Finland's Paavo Nurmi and Soviet gymnast Larysa Latynina at the top of the pile with nine career golds.

Phelps' teammates Aaron Peirsol and Natalie Coughlin added to their Olympic stockpiles by winning the 100 backstroke titles.

Peirsol obliterated his own world record to win the men's gold while Coughlin beat Zimbabwe's Kirsty Coventry to become the first woman to successfully defend the women's title.

Only Australia's Leisel Jones prevented a U.S. cleansweep of this morning's four finals by winning the 100 breaststroke gold to capture the only title that has eluded her.

Phelps, who was beaten by Australia's Ian Thorpe in the 200 at Athens but has since made the event his own, was a body length clear at halfway and hit the wall in 1:42.96 to destroy his own world record by 0.90 seconds.

JULIAN FINNEY/GETTY IMAGES

Michael Phelps of the United States celebrates winning gold in the men's 200 metre freestyle final early this morning at the Beijing Games. Phelps' time of 1:42.96 is a new world record.

South Korea's Park Tae-Hwan, the 400 gold medallist, took silver and American Peter Vanderkaay the bronze but no-one could even get close to Phelps.

"That's great, I just wanted to be out there at the 50 metre point and be there at the 100. After that it was just open water," said Phelps, who is chasing an unprecedented eight gold medals in Beijing.

Although Peirsol and Coughlin do not amass as many gold medals or headlines as Phelps they showed again that they are just as dominant in their chosen events.

Peirsol has ruled men's backstroke since he won his first 200m world title seven years ago and now has four Olympic gold medals after winning three at Athens four years ago.

REUTERS

Three down, five to go

Michael Phelps' goal of winning eight gold medals means he has a heavy workload, competing in 17 races, including heats, in less than a week. With three finals down, here's how the rest of Phelps' week shapes up:

- Tonight, 10:18 p.m. 200m butterfly
- Tonight, 11:16 p.m. 4x200m freestyle relay
- Thursday, 10:45 p.m. 200m individual medley
- Friday, 10:07 p.m. 100m butterfly
- Saturday, 10:55 p.m. 4x100m medley relay

U.S. women give China a double dose

BASKETBALL The United States inflicted a double dose of basketball blues on Olympic hosts China when their women's team powered to a 108-63 blowout win yesterday.

Thompson

Just 24 hours after Yao Ming and his troops were pulverized by the U.S. men, the Chinese women were given the runaround by an American team chasing a fourth straight Olympic title.

China led 11-8 in the first quarter but the U.S. went on a 25-0 run to end the half, sparked by forward Tina Thompson, who finished with 27 points, 21 of them before intermission.

"Tina was hot, hot, hot!" said U.S. centre Lisa Leslie, a three-time gold medalist. "Tonight was Tina's night. But the crowd was cheering so hard every now and then we had to check the score ... then we went, 'Yeah, we're still up by 30.'"

Out-muscled and unable to penetrate the American defence, China resorted to launching long bombs but connected on just four of 16 three-pointers in a one-sided Group B encounter.

REUTERS

Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Sept. 9.

Learning Curve

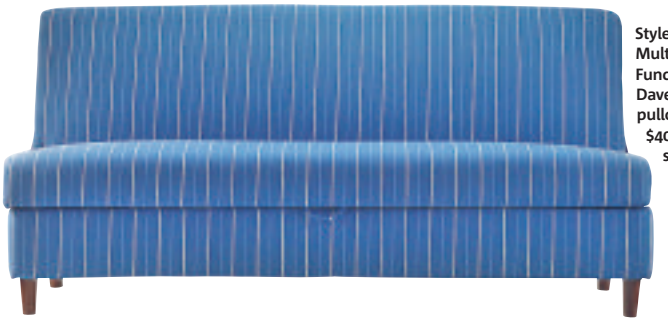
SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Dorm room chic

Assorted carpets. Angela Adams Lulu pool wool area rug, top, $599, at Home Depot, homedepot.ca. Area rugs (4x6), $34.97, Wal-Mart, wal-mart.ca. Also available in flower, stripe and square pattern.

Reed diffusers, $18 each, Pier 1 Imports, pier1.com.

Magazine hanger, $15, Pier 1 Imports, pier1.com.



Style Factory Multi-Functional Davenport pullout couch, $400, Sears, sears.ca.

Red lacquer table, $159.99, and linen slipper chair, $399.99, both by HomeSense. Available at Homesense.ca.

Various candle holders — Abbot Square, $9.99, mini, $5.99, and flower votive holder, $9.99 — available online only at homedepot.ca.

IKEA/PS lockable laptop workstation, $59.99. Also available in red. Go to ikea.ca for store locations.

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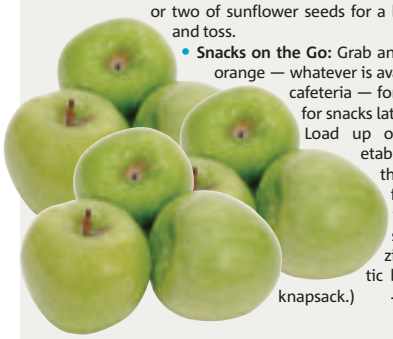
Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Sept. 9.

Healthy snack options

To avoid the "Frosh 15," Weight Watchers recommends some easy-to-prepare and healthier alternatives when dining in a college cafeteria:

- **Mexican Lovers:** Instead of munching on a burrito loaded with all the high calorie fixings, make a bean quesadilla. Top half a large tortilla with beans (lots of protein for energy) and nutritious veggies, such as diced tomatoes, chopped onions and salsa, and a bit of shredded low-fat cheese if it's available.
- **Italian Night:** Pasta Primavera. Enjoy those comforting noodles with lots of vegetables, such as broccoli and mushrooms. Top with tomato sauce.
- **Potato Power:** For a meal loaded with fibre and flavour, top a plain baked potato with mixed raw veggies and salsa.
- **Super Salad:** Combine mixed greens with tons of raw veggies (carrots, peppers, tomatoes, beets, etc.), torn turkey-breast slices or cubed tofu, beans (make sure they're not swimming in oil) and a splash of a reduced-calorie dressing. Top with a teaspoon or two of sunflower seeds for a bit of crunch and toss.
- **Snacks on the Go:** Grab an apple, pear, orange — whatever is available at the cafeteria — for dessert and for snacks later in the day. Load up on raw vegetable sticks from the salad bar for snacks, too. (Keep some small zip-close plastic bags in your knapsack.)



– LEYLA EMORY

'Frosh 15' avoidable

Cut down on snacking while studying, experts say

LEYLA EMORY
for Metro Canada

Frosh and 15 go together like rum and Coke. With a new crop of bright-eyed students poised to enter the halls of higher education, there are ways to keep the expansion to the mind and not the waistline.

"People tend to drink more calories," says Dr. Natasha Turner ND, the clinical director and owner of Clear Medicine (clearmedicine.com). "They eat late at night. They mindlessly snack when studying. They get caught up with the rigours of class and stop exercising."

Dr. Alison Duncan of the Department of Human Health and Nutritional Sciences at University of Guelph agrees. The changes aren't in what students eat, but how they eat, and a failure to burn it off, according to a study she and a colleague conducted.

"Anecdotally, we found that people weren't having the breakfast-lunch-dinner pattern. So even though the calories and nutrients weren't changing, when they ate, combined with the lack of activity, may have contributed to weight gain. For instance, a lot more late-night eating and less breakfast consumption."

Not good, warns Turner. "Don't skip meals," she says. "Make sure to have protein at breakfast and try not to eat in the three-hour period before bed."

An increase in computer use and study time can contribute to weight gain, as can drinking a lot of calories, experts suggest.

She also recommends drinking lots of water. "Most people confuse hunger for thirst."

And always take your vitamins. "A multi-vitamin with fish oil can prevent weight gain and prevent cold and flus."

There's also what you eat. "Avoid temptation," says Jessica Smerling, RD, the corporate program development specialist at Weight Watchers. She recommends filling the mini fridge with healthy snacks "like pre-cut carrot sticks, fresh fruit and low-fat yogurt."

In regards to the cornucopia that is the dining hall, Smerling offers this advice: "Fill half the plate with salad or vegetables, a quarter with protein (preferably lean) and the remaining quarter with starch (preferably whole grain)."

And then there's physical activity, or lack of it. Duncan's study showed an increase in computer use and study time. "Students going for a walk in their study groups" is one way to combat the sedentary life of a scholar, says Duncan.

"[Exercise] doesn't have to take a lot of time," says Turner. "You can get away with doing high intensity, shorter, harder workouts three times a week.

"It takes up less time but you'll get just as effective fitness gains."

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Program starts September 4.
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City deals for those in the know

Metro offers students new to Vancouver advice on everything from homes to food

JOYCE YIP
for Metro Vancouver

Below are the top five need-to-know for students:

FIND THE PERFECT HOME AT A PERFECT PRICE

• Homes for students: Lists available student housing by style, area, number of bedrooms and price range. The homes, which are owned by universities and institutions like Cap Reit, start at $400/month. homesforstudents.ca.

• Vancouver Home-stay Agency: Connects students with host families across the city at a minimum of $600/month. Guests can choose their level of accommodation as well as an inclusion of a meal plan. vancouverhomestayagency.ca.

PERSONALIZE YOUR SPACE

• Ikea: From frying pans to portable closets for your stylistic wardrobes, get it all at a fairly reasonable price at Ikea. Just be sure to borrow some tools to assemble the DIY furniture. Ikea.ca.

• Craigslist: Anything and everything under the sun. vancouver.en.craigslist.ca.

DON'T EMPTY YOUR WALLET FOR YOUR EMPTY STOMACH

• So. Cial Custom Butcher Shop: Get gourmet sandwiches at fast-food prices. Sliced-to-order sandwiches with marinated roasted peppers and sweet juices, served with house-made potato chips, all for under $10. 332 Water St. 604-669-4488.

• Sushi Zero One: A small corner-restaurant with authentic cuisine made by native Japanese. Enjoy top-quality fish — such as the $6.50 assorted sashimi on rice with radish sprouts and shiitake mushrooms — at a price of a McDonald fillet-o-fish meal. 559 W. Pender St. 604-605-1625.

• Glowbal Grill and Satay Bar: Get a taste of Yaletown culture with a $16-and-under lunch menu at Glowbal. As well, the all-weather patio is always a great place to enjoy a breezy afternoon. 1079 Mainland St. 604-602-0835.

PARTY WITH CLASS, NOT WITH CASH

• Clubzone is a website tailored for partiers. It gives you day-to-day updates of clubbing events, concerts and stand-up comedy as well as contacts to be a part of the guest list or the VIP crew. clubzone.com.

KEEP YOUR DOLLAR AND YOUR LOVER

• Vancouver Art Gallery: What better place to show off your wits than a museum packed with culture and art? From now until October, the gallery is featuring exhibitions in comics, Canadian modernist art and performance arts — all for under $20 with a student card. vanartgallery.bc.ca.

• Café Crepe: Good food, mouth-watering desserts, a lively atmosphere and, most importantly, beer. Café Crepe, located throughout Vancouver, is the must-make stop whether you're going on a lunch or dinner date, or even if you're just grabbing a quick snack between stops.

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Team nursing means more LPNs needed

Critical shortages of registered nurses (RNs) have forced the B.C. health-care system to re-evaluate the use of RNs to provide primary patient care. As a result, a move toward team nursing has required the hiring of many new Licensed Practical Nurses (LPNs).

In order to work in this field, LPNs must have completed a practical nursing program as well as licensing with the College of Licensed Practical Nurses of B.C. Vancouver Career College's practical nursing diploma program combines comprehensive training from highly skilled instructors and hands-on experience to prepare students for careers in nursing.

LPNs have a variety of responsibilities in the health-care industry. They work with doctors, RNs and other health team members in medical offices, hospitals, nursing homes, community health units and rehabilitation centres. They provide basic bedside care, take vital signs, distribute medication and perform other personal treatments. They also care for patients' personal, physical and emotional needs.

LPNs in the Lower Mainland make an average wage of $22.27 hourly, according to Human Resources and Skills Development Canada. Employment prospects for LPNs are good.

how to apply

• Vancouver Career College is accepting applications for the practical nursing diploma program at its Burnaby campus. For more information on business, health care and technology programs, call 604-438-6881. Visit them online at vancol.com.

LPNs work with doctors, RNs and other health team members.

There are LPN positions at various institutions and agencies throughout B.C. The majority of these jobs are in the Lower Mainland and on Vancouver Island.

In recent years, an increased demand for LPNs in the Okanagan/Kootenay region and Northern B.C. has occurred as a result of growing populations of retirees in these areas.

METRO NEWS SERVICES

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phone: 604.899.0803
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web: www.ashtoncollege.com

Back-to-school tips for students

• Stay organized: Keep a separate notebook or binder for each subject. This will make for easy reference and help to keep notes organized.

• Stay healthy: You will feel great and it will also give you an extra boost of energy needed for studying and staying alert in class. Keep lots of healthy snacks on-hand for late-night gatherings.

• Get Active!: Join the school gym and make an effort to go during the week. Student life can be busy, but working in just 30 minutes of physical activity a few times a week will leave you energized and will relieve stress. Or, joining in on casual sports on campus are a great way to meet people.

• Be tech-savvy: Always use a USB key or Jump Drive to back up your work to avoid losing valuable documents.

NEWS CANADA

Learning Curve is a monthly feature that focuses on education and student life. Next month's issue comes out on Sept. 9.

Buying, selling a click away

Thousands of students flock to Facebook Marketplace

Facebook Marketplace is the perfect platform to dig for and get rid of old textbooks.

JOYCE YIP
for Metro Vancouver

Facebook may prove itself to be more useful to students other than feeding them with gossip.

Last summer, Facebook launched a Craigslist-like Marketplace application, where users can take advantage of the social network by listing and buying items and services under their networks — for free.

So for post-secondary students, it's a perfect platform to dig for and get rid of old textbooks.

Facebook Marketplace is the solution to the few hundred dollars spent on new books every semester, as well as the hours wasted in looking through second-hand bookstores or even clicking into Facebook used book exchange groups. Students simply need to put their requested items and services under a wish list and wait for the appropriate sellers to show up.

As for students who are tired of the 60 per cent re-sell price for the $100-or-more textbook they hadn't even opened, Facebook Marketplace can also solve that. They just need to put their items and services under the appropriate headings, provide a brief description, tack on a price tag and wait for an interested buyer.

Of course, always try to do some price comparison in bookstores and between other Facebook users before agreeing on the exchange, and be sure the textbook is the right edition. Then, just set up a time a place for the exchange and the transaction is complete.

Herbert Kwan, a University of B.C. music student, has used Facebook Marketplace for his textbooks, a Macbook and to advertise his services as a piano instructor.

"I've sold one book on it, and the piano instructor advertisement got me invited to play at bars," he said. "I think it's good that we can buy the books from people from certain networks, so I can be sure the advertisements are real, unlike Craigslist, where a lot of them are fake."

"I've sold one book on [Facebook Marketplace], and the piano instructor ad got me invited to play at bars."
Herbert Kwan

Buying tips

- Don't be afraid to haggle. Students who are selling used textbooks are usually willing to lose a few bucks than to be stuck with a book they'll never look at again.

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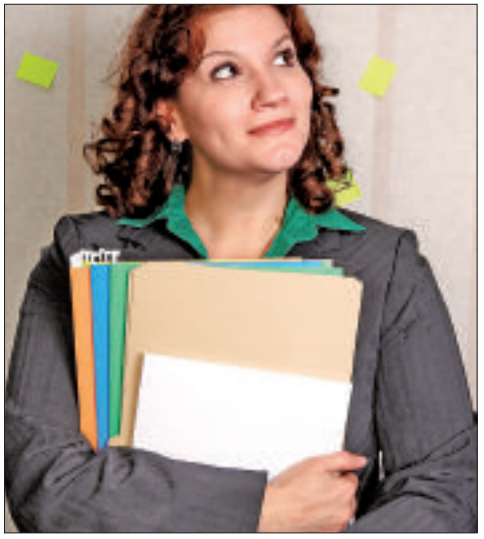

Capilano University will be offering an administrative assistant online certificate in the fall semester.

Schools shaking things up for fall

JOYCE YIP
for Metro Vancouver

Vancouver universities and colleges may be welcoming more than just students into their campuses in the fall semester.

As students with a wider range of interests are seeking post-secondary education, colleges and universities must start implementing new programs to accommodate them. So, how wild have school committees gone for fall 2008?

SIMON FRASER UNIVERSITY

• Police studies program: Home to Vancouver's only school of criminology, SFU will be presenting a concentration in police studies for students who are interested in pursuing a career in policing. The police studies concentration is available for the B.A. in criminology, diploma in criminology and a certificate in police studies.

• World literature program: Under the faculty of arts and social sciences, the world literature program focuses on writing — fiction, poetry, drama, travel writing and screenplays — that are translated and made available to other countries. The program benefits students who want to work in communications, international agencies and education.

CAPILANO UNIVERSITY

• Documentary certificate: As one of the most intensive film schools in Vancouver, Capilano University offers a new one-year documentary program — two months longer than the ones that are offered around the province — that hires industry professionals to mould students in respect to the market. The 25 spots for the full-time program were filled since June.

• Administrative assistant online certificate: Students will graduate with both theory and hands-on practise in business, human relations skills and administration skills in today's office environments. They'll be experts in the latest office technologies like Microsoft Word, Excel, Publisher and PowerPoint, as well as accounting systems, resume writing and file management.

BCIT

• Sustainable resources management diploma: The two-year program is the institute's attempt to meet new market demands by updating the natural-resources program to a modernized, urban-planning-based diploma. Graduates can expect to learn digital mapping, hydro and fire management, forest industry and urban design. The program is designed for students who aim to work for community planning and urban forestry.

• Associate certificate in medical radiography: The one-term, part-time program is designed as an upgrading session for radiography technologists who are hoping to pass the Canadian Association of Medical Radiation Technologists exam. It offers fundamental courses, which are available online as well as in laboratory and practice sessions, in a compressed timeframe to refresh memories.

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Thursday, Aug. 14, 2 p.m. - Room 424

Occupational/Physical Therapist Assistant
Thursday, Aug. 14, 5:30 p.m. - Room 209

Court Interpreting
Health Care and Community Services Interpreting
Thursday, Aug. 14, 7 p.m. - Room 420

Culinary Arts
Friday, Aug. 15, 9:30 a.m. - Room 305C

Automotive Collision
Monday, Aug. 18, 10 a.m. - Collision Body Shop (Broadway)

Drafting Technician - Steel Detailing
Monday, Aug. 18, 1 p.m. - Room 724

All sessions except ESL and Auto Collision are offered at our **Downtown campus**, 200-block Dunsmuir at Hamilton (two blocks west of Stadium SkyTrain station).

Auto Collision and ESL programs info sessions are offered at our **Broadway campus**, 1155 East Broadway (two blocks west of Clark at Glen Drive)

For more information visit **www.vcc.ca** or call our advising department at **604.443.8453**

Vancouver Community College

School of Arts and Sciences School of Music Centre for Transportation Trades
Centre for Continuing Studies Centre for Design School of Health Sciences
School of Instructor Education School of Language Studies School of Hospitality

JOHN EDER/TAXI

If you're moving before the school year starts, it pays to get organized and book a moving truck as far in advance as possible.

Frustration part of moving day

RAFAEL BRUSILOW
for Metro Canada

Tears, frustration and crushing traffic — all in a day's work on the busiest moving day of the year.

While the summer is already high moving season across North America, the largest number of moves happen on Aug. 31, for a couple of reasons — a large percentage of leases expire that day and it's generally one of the last guaranteed free days before the school year starts.

For people planning to move on or near that day, the strategy is simple: Get organized and booked as far in advance as you possibly can, whether you are hiring movers or just renting a truck to do it yourself.

"It's even difficult to find a rental truck. People panic and they start crying on the telephone. Book as far ahead as you can," said Frank Martin, an executive vice-president with Canada-wide moving company Premiere Van Lines.

Once you're booked, getting rid of the clutter is crucial.

"Get rid of things you don't need, because moving companies will either charge you by the hour or, for long-distance moves, by weight," Martin said.

Pack away any loose things into labelled boxes to save time and money and remember to use smaller boxes for heavier things and save the larger boxes for lighter things, to ease carrying.

For fragile or expensive items, spend the extra dough to let a professional pack them. Most moving companies will not insure owner-packed fragile items, such as artwork, glass or fine china, so it will probably pay off in the long run to have them packed safely and correctly by a professional crew. If you want to save on packing costs, pack the non-breakable stuff yourself.

"Packing services can be pricey, so you can have the movers pack the fragile items while you pack books and papers and anything non-breakable yourself," Martin said.

Before hiring a moving company, make sure they are licensed and bonded, meaning you can make claims against them if you are unhappy with the service and the employees have undergone background checks.

"Call for references and look for moving companies affiliated with Canada-wide organizations like the Better Business Bureau or the Canadian Association of Movers. You want to avoid the pool-hall variety of mover," he said.

For students or other people with lower budgets for moves, Martin recommends avoiding the summer months altogether as prices will be highest then. The cheapest time of year to move? January.

Tricks of the trade

- Save your moving receipts and records. In some cases, you can claim these expenses on your income tax as long as you move farther than 40 kilometres.
- Keep a toolbox/first-aid kit handy as the first thing you put into, and take off, your moving truck. Keep a similar box handy for bathroom supplies and medication.

Breast cancer protection

Research shows that eating a healthy diet of antioxidant-rich foods can protect against breast cancer. Be sure to regularly include organic apples, blueberries, citrus fruits, cranberries, and garlic in your diet. **ALIVE MAGAZINE**

Health

Foreign-born kids less active

Foreign-born children in the United States and U.S.-born children of immigrant parents get less exercise than other kids, raising their risk of obesity and other problems, a study showed yesterday. The study, led by a U.S. government researcher, found 18 per cent of foreign-born children with immigrant parents were physically inactive as compared to 11 per cent of U.S.-born children with U.S.-born parents. Inactivity is defined as having no days in a given week in which they got at least 20 minutes of vigorous exercise. REUTERS

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Here's the grill drill

CELIA MILNE
for Metro Canada

Nothing's better than a summer barbecue with friends and family. So here's a barbecue health reminder: Don't let raw chicken, pork or beef — or the juices from those meats — touch other foods and take the sizzle out of your fun.

The danger is that Salmonella, a type of bacteria found in raw meats, can spread to foods we are about to eat.

"One of the ways that infection occurs is through cross-contamination of raw and cooked foods. This can be a common occurrence during barbecuing," says Dr. Amit Bhavsar, an expert on Salmonella at the Canadian Institutes of Health Research, based at the University of British Columbia in Vancouver.

A typical no-no? Slicing strawberries on a wooden cutting board that was used for raw chicken and not cleaned properly.

Or placing cooked meat on the same plate that held the raw meat. Think of utensils as possible germ carriers as well. "I would even suspect that using a pair of tongs to place raw chicken on the barbecue and removing the cooked meat without washing them could lead to cross-contamination," suggests Bhavsar.

Salmonella poisoning can put a very quick end to an otherwise fun barbecue party. Signs of Salmonella-related gastroenteritis are diarrhea, abdominal pain, fever, nausea and muscle pain. Usually resting and drinking lots of fluids is all that is needed to recover.

Salmonella can occur by placing cooked meat on the same plate that held raw meat.

Salmonella facts

- According to Health Canada, approximately 6,000 to 12,000 cases of Salmonella are reported in Canada each year. Because many milder cases are not diagnosed or reported, or are believed to be the "stomach flu," the actual number of infections is estimated to be many times more. **METRO**

It's eco-friendly, period

CELIA MILNE
for Metro Canada

Want to do your monthly part for a better environment?

Try a reusable menstrual cup instead of pads and tampons. Once you get over the "gross" factor, this is actually a good idea.

You simply insert the bell-shaped cup into the vagina and it collects menstrual fluid. It gets emptied regularly (about twice a day) and re-used. One cup can last up to 10 years.

Dr. David Gerber, a gynecologist and director at Meridia Gynecology in Toronto, is largely in favour of the menstrual cup. To avoid any health issues, "you have to be fastidious about emptying it," he says. He also suggests being careful to get a cup that fits properly. If it doesn't, it can cause rubbing and rawness on the cervix. A Canadian company is promoting its new soft-silicone DivaCup, which comes in two sizes.

The new DivaCup is available at natural food stores such as Whole Foods Markets.

The new DivaCup is a bell-shaped cup that is inserted into the vagina to collect menstrual fluid.

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Just another day at the home office

HineSight

Anne Hines

Working from home — the ultimate dream.

Well, not working at all- that would be better. And, not being at home would be good. So… Lying on a beach tended by cabana boy, Brad Pitt, wearing a leopard skin thong — the ultimate dream.

But for those who haven't achieved that yet, working from home comes in a close second place.

Being a Metro columnist means spending many work days at home, writing. I'm just like Carrie in Sex and the City except without the great clothes, men, cocktails and doing anything that involves staying out past 9 p.m.

I'm just like Carrie in Sex and the City except without the great clothes, men (and) cocktails.

There are downsides to working alone. When everyone else is whooping it up at holiday office parties, you'll be wondering if you should take your laptop out for a festive lunch at Mandarin. And, complaining about the boss isn't nearly as much fun.

The upside is setting your own schedule. Mine goes like this:

9 a.m.: At desk, ready to work. Had great column idea last night: "Top Ten reasons to stay friends with your ex-spouse. #1. Do it for your children — sooner or later you're bound to want him to take them off your hands."

This column will write itself. Turn on computer. Surprised to find it hasn't.

9:05 a.m.: Check Internet for vital, breaking news. Whoopi Goldberg has slept with 50 different men. Doesn't say if it was all at once. Might write about that instead.

9:13 a.m.: Scan weather site in case of monsoon warning.

9:35 a.m.: Mother calls. Very annoying. Explain patiently that just because I work at home doesn't mean I'm just sitting around staring out the window.

9:40 a.m.: Sit and stare out window.

9:45 a.m.: So bored am ready to gnaw own arm off. Telemarketer calls. He finally hangs up, claiming he has things to do. Sit pondering alternatives to working, "Living in a cardboard box under a railway pass" comes to mind.

In the end, sure the commute is great, but so are things like co-workers and someone else making the coffee now and then. So maybe, when it comes to working, "there's no place like the office."

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Lost stars negotiating with ABC
Lost producer ABC Studios quietly started paycheck renegotiations with the drama's stars, Matthew Fox and Evangeline Lilly, who each earn about $150,000 US per episode. TVGUIDE.COM

Entertainment

A-Rod shells out
Yankees slugger Alex Rodriguez has donated $500,000 US to Madonna's Raising Malawi charity, the group set up by the pop star to support orphans in Malawi. E! NEWS ONLINE

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Hudson ready for close-up

Oscar winner steps back into spotlight with release of debut album

Jennifer Hudson doesn't drink coffee. Doesn't like it, she says. Doesn't need it, counters her manager, Miguel Melendez.

It's 6:20 a.m. on a Monday morning in July, and an uncaffeinated Hudson is busting full throttle through her warm-ups during a sound check for a performance on Good Morning America. It's her first TV appearance in support of Spotlight, the debut single from her first album.

Hudson shakes off any concerns about the ungodly hour. ("The band got there at 4:30 a.m.," she notes.) Melendez, clutches his Starbucks as he watches. "Good Lord, she makes me feel old," he sighs.

It's easy to forget Hudson's youth, perhaps thanks to the years she's already spent in the pop culture spotlight. At 26, her career path may be impossible to duplicate: She went from being a choir singer at her church in her hometown of Chicago to a Disney Cruise Line chanteuse to an American Idol contestant to an Academy Award winner for best supporting actress for her role in Dreamgirls. Thanks to the ever-expanding entertainment landscape, what this means is that Hudson has built a significant career on a multiple-octave voice — without releasing an album.

GETTY IMAGES/FILE

Jennifer Hudson's self-titled debut album is set for release on Sept. 30.

All that changes Sept. 30, when Arista/RMG releases her self-titled debut, which offers up everything from pop to R&B to gospel. The theme of the album is simple: Play to the crowd rather than zeroing in on one particular segment of it.

"It is risky, because people expect you to just do one thing," Hudson says. "I'm going to take the chance and show what else is a part of me."

Jennifer Hudson features Jesus Promised Me a Home Over There — a gospel tribute to the singer's days in the church choir — and You Pull Me Through, a track that Diane Warren penned for Hudson's lung-busting balladeer side. The album will also include the classic And I Am Telling You I'm Not Going from Dreamgirls and All Dressed in Love from the recent Sex and the City soundtrack.

Besides Warren, the collaborators on the album include Ludacris, Robin Thicke, Rock City, Timbaland, Tank and the Underdogs. The first single, Spotlight, was written by R&B star Ne-Yo.

Under consideration for the second single is the sassy collaboration with Ludacris, Pocketbook on which Hudson coyly threatens to use her purse to whump a man who crosses the line between flirting and leering. The track was written by the Clutch and produced by Timbaland, and when Hudson was recording the song in London, Ludacris just happened to be in the studio and offered his services. "He's like, 'I gotta get on that,'" Hudson recalls.

The label hopes that the album's diversity will lend it appeal across the broad spectrum of Hudson's fans, from moviegoers to those who still pen irate blog posts about her ejection during the third season of American Idol. REUTERS

DVD picks

Smart People

Director: Noam Murro
Stars: Ellen Page, Dennis Quaid
Rating: 14A

HOW UNFORTUNATE for Ellen Page that the terminally dull Smart People follows so soon after her breakthrough success with Juno. Her obnoxious Young Republican Vanessa seems like a nastier version of Juno MacGuff, minus the teen pregnancy. To those unfamiliar with her many varied roles in Canadian films she could seem a one-trick pony.

Directed by first-timer Noam Murro and set to the insipid guitar stylings of ex-Extreme guitarist Nuno Bettencourt, the movie is set in dreary Pittsburgh in winter.

Dennis Quaid is Lawrence Wetherhold, an English professor at Carnegie Mellon University and the widowed father of two unhappy kids: Vanessa, 17, and her older brother James (Ashton Holmes).

A chain of contrivances leads to Lawrence meeting hospital nurse Janet (Sarah Jessica Parker), who punches the clock in the thankless role of love interest.

The film's sole spark is provided by Thomas Haden Church, who grabs a few smiles as Lawrence's freeloading brother. Church also gets a few grabbers in amongst the nine deleted scenes, which are good enough to suggest that better editing would have improved the film. Lawrence would still be insufferable, though.

There's also a commentary shared by Murro and Poirier, and here's something truly odd: a blooper reel for a downbeat film.

Page gets in a zinger when Church muffs a line: "You got nominated for an Oscar?" Too bad the rest of Smart People isn't this sharp.

WarGames: 25th Anniversary Edition

Director: John Badham
Stars: Matthew Broderick, Ally Sheedy
Rating: PG

BARELY A WEEK goes by when we don't hear of a hacker breaking into a "foolproof" computer system. It always brings to mind WarGames, the 1983 techno-thriller that seemed fanciful 25 years ago, but which today stands as prophesy.

The film stars a young Matthew Broderick and Ally Sheedy as teenagers who tap into NORAD's computer, inadvertently starting a World War III countdown.

WarGames was made before the Internet was a media slut, and before everybody and their dog had a blog. There was no World Wide Web in 1983, and the Soviet Union was still intact, as was the Cold War.

Broderick and Sheedy hack into NORAD's nuclear missile silos using a primitive, text-only computer, with a modem that requires acoustic cups.

Yet the alarm they cause, and the potential for global war, is entirely plausible in our paranoid world. WarGames was among the first of the Internet movies (although the Internet is never mentioned) and it was arguably the best, putting character development and story ahead of technology — something today's techno-thrillers could learn from.

The special features on this 25th anniversary DVD are well worth watching, not least for their value as Internet pre-history.

TORSTAR NEWS SERVICE

Presley upset over 'simplified' article

Presley

PEOPLE Lisa-Marie Presley has distanced herself from an upcoming Marie Claire exclusive, accusing magazine bosses of simplifying a heartfelt interview she gave the publication, femalefirst.co.uk reports.

"I gave a three-hour heartfelt interview and what became of it was quotes that were usually about something else entirely ... simplified and taken way out of context and sprinkled randomly and erroneously throughout the two pages," Presley said.

Panettiere's pop arrested in row

PEOPLE Hayden Panettiere's father, Alan, was arrested early yesterday morning at the family's West Hollywood home for felony domestic violence, sheriffs confirmed to People.

"There was a domestic argument between the mother and father," Sgt. Scott Wolf of the West Hollywood sheriffs said.

On Sunday evening, Hayden hosted a benefit for the Whaleman Foundation at Eva Longoria's Beso restaurant in Hollywood, also attended by her parents.

Alan Panettiere is currently in custody, pending $50,000 US bail.

Solange realizes Dream of her own

Knowles

MUSIC The opener on singer Solange's sophomore album, Sol-Angel and the Hadley St. Dreams, is a track titled God Given Name, on which the 22-year-old artist states that she's her own woman — no matter how tempted people may be to compare her to her superstar sis Beyonce, Reuters reports.

"I'm not her and never will be/Two girls gone in different directions, striving towards the same galaxy/Let my star light shine on its own," Solange sings. METRO NEWS SERVICES

Who Ya Gonna Call? Not Rudd, yet

Paul Rudd has dismissed speculation he is to star in a remake of movie classic Ghostbusters— insisting it is just a rumour. Rudd was reported to have signed up for a new version of the 1984 sci-fi comedy along with Seth Rogen and Steve Carell. IMDB.COM

ABOVE: Morgan Twitchell, left, and Channa Champagne are two of the local participants of the Playboy Girls of Golf contest.

ABOVE: The kid is hot tonight, and every night. Loverboy lead singer Mike Reno, seen here with singer Catherine St. Germain, has still got what it takes at the Vancouver Music Industry Gala.

ABOVE: Christine Mackintosh, left, and Erin Bishop perform at the Vancouver Music Industry Gala with their group Aliqua, who has just signed with Nettwerk records.

ABOVE: Hangar One Vodka is now available in Canada thanks to Freehouse partner Ted Latimer, left, businessman Craig Turner and Bin 941/942 chef Gord Martin.

ABOVE: Grammy award-winning singer Sarah McLachlan and super agent Bruce Allen are among the VIPs at the Vancouver Music Industry Gala.

Gift of music

Sarah McLachlan, Bruce Allen, Red Robinson and Mike Reno were just some of the famous faces seen in Gastown during the third annual Vancouver Music Industry Gala and Golf Tournament. Canvas Lounge played host to the heavies as invited guests and VIPs got together and raised over $50,000 for the Sarah McLachlan Foundation.

On a totally different note, the Playboy Golf tournament also swung into town with an A-List of bachelors and a bevy of local beauties who played along as caddies the next day at UBC. Also present were real, bona fide bunnies who hopped to it and, needless to say, provided a couple of really big . . . hits.

And lastly, big congrats to two luxury brands who hit the market last week with a pair of decadent launches. MCL motor cars and Aston Martin premiered their all-new Aston Martin DBS vehicles and showroom on Burrard street with a 200-plus guest list and flowing champagne. Also, it was a toast to the coast at chef Gord Martin's Bin 942 as premium California-made Hangar One Vodka made a big splash. Made with to-die-for flavours of kaffir lime and orange blossom, it's easy to see why this vodka has taken over L.A. and Las Vegas by storm.

SocialEyes
Catherine 'Cat' Barr
info@catherinebarr.com

Cat calls? Please visit www.catherinebarr.com to submit your event or e-mail info@catherinebarr.com.
She can also be heard on The Buzz 1410 AM Radio Tuesdays at 4:30 pm.

LEFT: Jennifer Stead and Andrea Kezama, of Lavish accessories know that a good handbag and jewelry are just as important as a good Aston Martin.

RIGHT: Time for champagne and cupcakes at the Aston Martin luxury launch thanks to MCL's Christine Smalley.

LEFT: Toronto-born Tailor James, left, was a Playboy centerfold in July 2003 while Newport Beach's Dalene Kurtis was Playmate of the Year in 2002.
BELOW: Esso businessman Karim Chandani, left, organizer Traci Myles and Playboy Golf president Ajay Pathak pose at the Ocean Club.

ABOVE: Girls of Playboy Golf's Sarah Porchetta, left, and Stephanie Amenta cuddle up to Ocean Club owner Dave Kershaw.

LEFT: The incomparable Red Robinson, seen here with wife Carole, is now a recipient of the Bruce Allen/Sam Feldman Legend Award, as well as a member of the Rock and Roll Hall of Fame.

Marty takes on TV

Moviemaker Martin Scorsese, right, is set to take his directing talents to the small screen in an upcoming U.S. television pilot. The Oscar-winner is reportedly in negotiations to direct forthcoming HBO show Boardwalk Empire. IMDB.COM

Simon's anger visible in The Wire's final season

IntelleVision

Rick McGinnis

rick.mcginnis@metronews.ca

DOWN TO THE WIRE: The fifth and last season of HBO's The Wire comes out on DVD today, a 10 episode box set that puts a full stop to the show that one critic have called "the best TV show ever broadcast in America," and one that seemed to live in the shadow of HBO peers such as The Sopranos and Deadwood, garnering just a single Emmy nomination over five years despite copious critical raves.

I had to do a lot of homework to jump right into the show's fifth season after missing the previous four, reading episode synopses and character descriptions and a half dozen articles online to jump into the final chapter of a story that creator David Simon intended to be novelistic in the strictest sense — an episodic drama with a huge cast representing almost every facet of life in the crime and corruption-ridden city of Baltimore. What made it easy was that Simon, a former Baltimore Sun crime reporter with an open and implacable resentment against his former employer and the business of newspapers in general, set much of his show's final season in the newsroom of the Sun, introducing a whole new set of characters to illustrate the place of the media in the city's polluted social ecosystem.

Each of the four previous seasons had concentrated on some other aspect of the city — the corners where the gangs dealt drugs, the docks where the drugs enter the city, City Hall and the schools, where potential new salesmen and soldiers for the corners are created — but the newsroom was the world that Simon knew best, and he had clearly saved it for the series' summing up.

Simon has to be congratulated for putting the most realistic newsroom I've ever seen onscreen; far from the nest of amiable eccentrics or the self-important hive of activity shown in films from His Girl Friday to All The President's Men, his Sun newsroom is a hushed cubicle farm, demoralized from a series of staff cuts that have had the unfortunate effect of increasing the politicking endemic to newsrooms to an almost desperate pitch.

Earlier this year, The Atlantic ran a long article on Simon calling him "The Angriest Man In Television," and it's a mark of his anger that he manages to paint the Sun's executive and managing editors — based on his onetime bosses — and a callow, ambitious young reporter that they patronize despite his obvious fabrications with as much or more venom than he uses to depict drug bosses, gangland psychotics or corrupt politicians.

It's a bleak world Simon creates — so bleak that the otherwise laudatory Atlantic piece suggest that "it suggests that his political passions ultimately trump his commitment to accuracy or evenhandedness."

There's more than a hint of vendetta to Simon's generous contempt, and it occasionally makes it feel like he's colouring outside the lines with characters and situations, exaggerating to make a point, in a manner that's an eerie echo of his fabricating young reporter.

With this in mind, it's hard to fault the Emmys for their reticence in celebrating Simon's show, despite its many virtues and an almost unprecedented host of fine performances.

Canadian actor Clark Johnson (left) played city editor Gus Haynes in the final season of The Wire.

Rick McGinnis writes about music, movies, books and television, but not opera.

Hayek not anti-marriage

IN PRODUCTION A cancelled wedding hasn't put Salma Hayek off the institution of marriage — the newly single actress is creating a reality show about tying the knot, imdb.com reports. Hayek last month called off her engagement to Francois-Henri Pinault, the father of her daughter Valentina. But she is pressing ahead with a new show themed around weddings.

METRO NEWS SERVICES

Mummy unwraps overseas victory

BOX OFFICE The Mummy: Tomb of the Dragon Emperor triumphed at the international box office for a second consecutive weekend, earning an estimated $56.1 million from 49 territories. The China-set adventure thriller has racked up an overseas haul so far of $141.1 million, almost double the domestic tally of $70.7 million in the same period. REUTERS

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8/12/08

	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
VA	251	308	3 CBC	(3:00) XXIX Summer Olympics (Live) (CC)				XXIX Summer Olympics (Live) (CC)				
primetime	255	358	6 CH	E! News	The Insider	Real Housewives		Simple Life	Kardashians	Pam	Sunset Tan	News (N)
	254	-	8 M	Law & Order: SVU		Mandarin News		Cantonese News (N)		Punjabi News (In Punjabi N)		The Simpsons
	250	321	9 CTV	TMZ (N) (CC)	Hollywood	Canadian Idol	Robson Arms	Without a Trace (CC)		Law & Order: SVU		News (N)
	-	-	10 OMNI	According-Jim	George Lopez	Happy Days	Growing Pains	Jeeves and Wooster (CC)		The Daily	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	Wipeout (CC)		Big Brother 10 (CC)		In Plain Sight (CC)		News (N)
	256	389	12 VI	Degrassi	Friends (CC)	Supernanny "Prescott Family"		Sarah Connor Chronicles		Without a Trace "Deja Vu"		News (N)
	253	359	13 CITY	Wheel-Fortune	Jeopardy!	Hell's Kitchen		Reaper "Greg, Schmeg"		Reaper "The Leak" (CC)		Reviews
	-	-	14 CW	'70s Show	'70s Show	Beauty and the Geek (CC)		Reaper "Greg, Schmeg"		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Stakeout" (CC)		Big Brother 10 (CC)		Without a Trace "Deja Vu"		News (N)
	287	379	16 NBC	Evening Mag.	Olympic Zone	XXIX Summer Olympics (CC)						
	602	568	19 W	Will & Grace	Friends (CC)	Maxed Out	Style by Jury	Kim	Style by Jury	How to Look Good Naked		Maxed Out
	288	380	21 ABC	Wheel-Fortune	Jeopardy!	Wipeout (CC)		Wanna Bet? (N) (CC)		Primetime: Medical Mysteries		News (N)
	-	-	23 KVOS	M*A*S*H	Scrubs (CC)	Blue Juice ★★★ (1995, Comedy) Sean Pertwee.				Cheers (CC)	Scrubs (CC)	Seinfeld
	291	383	27 PBS	Steves Europe	Rudy Maxa	Nova "Kings of Camouflage"		Wide Angle "China Prep" (N)		P.O.V. "Belarusian Waltz"		Seeing
	290	382	28 FOX	Two/Half Men	Two/Half Men	House "Alone" (PA) (CC)		Sarah Connor Chronicles		News (N) (CC)		Family Guy
	-	364	29 PBS	Wide Angle "China Prep" (N)		Office Gossip	The Savages	Tavis Smiley	Charlie Rose (N) (CC)		Nova "Kings of Camouflage"	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Cheers (CC)	South Park	Comics Un.	Half & Half	Entertainment	The Insider	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	Beauty and the Geek (CC)		Reaper "Greg, Schmeg"		KTLA Prime News (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Beauty and the Geek (CC)		Reaper "Greg, Schmeg"		Will & Grace	My Wife-Kids
	297	652	37 WPX	CW11 News at Ten		Two/Half Men	Friends (CC)	Sex and-City	Will & Grace	Frasier (CC)	George Lopez	Odd Couple
	199	311	76 STR	News (N)	News		Late Show-Letterman		(:37) Fear Itself (CC)		Late Late Show	
news	502	390	23 NW	CBC News: The National (N)		CBC News: The National (N)		CBC News: The National		Very Secret Agents		National
	500	500	43 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Sportsnet	MLB Baseball Seattle Mariners at Los Angeles Angels of Anaheim.					Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	(4:00) XXIX Summer Olympics		SportsCentre (Live) (CC)		Boxing Friday Night Fights. (Taped) (CC)				SportsCentre
	411	457	49 OLN	Adventures	Strand-Peters	Pilot Guides (CC)		Don't Forget Your Passport		Survivorman (CC)		Angry Planet
	410	403	54 SCR	Score Tonight		Schwab	Poker: Canadian Open		Score Update	Score Update		Score Update
	417	406	55 SC	Super Bikes!	Super Bikes!	Pinks	Pass Time	Unique Whips		Low Life	SuperCars	Super Bikes!
	416	409	144 GLF	(6:00) Fútbol		Gol TV News		Kings Club	Kings Club	Gol TV News		Gol TV News
family	552	543	25 YTV	Malcolm-Mid.	Prank Patrol	Goosebumps	Goosebumps	Prank Patrol	Mystery Hnt.	Falcon Beach (CC)		Mystery Hnt.
	555	545	50 TEL	George	Tom & Jerry	Tom and Jerry	6teen	Total Drama	Futurama	Tank Girl ★ (1995) Lori Petty, Ice-T. (CC)		
	557	541	51 FAM	That's-Raven	Smart Guy	Zack & Cody	Naturally	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56 TRE	Comfy Couch	Rolie Polie	Beren. Bears	Dragon	Backyard	Dora-Explorer	Go, Diego, Go!	Treetown	Comfy Couch
cable variety	268	354	5 KNO	Gardens	Recreat. Eden	Peking to Paris (CC)		Canada's Butterfly-Maria		Rainwolves (CC)		Leading Edge
	575	583	20 CMT	Home Imp.	Roseanne	CMT30	Totally	Reba (CC)	Hope & Faith	Home Imp.	Roseanne	Ed (CC)
	570	580	24 MM	Instant Star	Instant Star	Gone Wild	Gone Wild	So You Think You Can Dance The final four perform. (CC)				Dance
	600	564	29 H&G	The Stagers	Green Force	Holmes on Homes (CC)		Dirty Business	Outside	Colin & Justin's Home Heist		The Stagers
	615	520	31 A&E	The Cleaner (CC)		The Cleaner "Chaos Theory"		The First 48 (CC)		The Cleaner "Rag Dolls"		The Cleaner
	628	584	32 SPKE	(6:00) Star Wars: Episode I -- The Phantom Menace ★★				CSI: Crime Scene Invstgtn.		Star Trek: Voyager (CC)		Deep Space 9
	521	560	34 TLC	What Not to Wear		Dress	Reception	Must Love Kids		What Not to Wear		What Not
	616	522	39 SHO	ReGenesis (CC)		Blue Murder "Little India"		Trailer Park	Kenny-Spenny	CSI: NY (CC)		House (CC)
	620	523	40 BVO	Live at the Rehearsal Hall		Law & Order "Showtime"		Without a Trace "Patient X"		Entourage	(:45) Dish Dogs ★★ (1998)	
	601	562	41 SLC	Plastic-Perfect	Matchmaker	Newlywed	In Laws	Shear Genius		Plastic-Perfect	Matchmaker	Trading Sp
	520	505	42 DIS	Deadliest Catch (N)		Daily Planet (CC)		Mighty Ships "Henry Larsen"		Deadliest Catch		How It's Made
	522	506	44 HIS	NCIS "Family Secret" (CC)		Cities of the Underworld		Cities of the Underworld		NCIS "Family Secret" (CC)		Crime Stories
	627	528	45 SPC	Battlestar Galactica (CC)		Stargate SG-1 "Inauguration"		Star Trek: Voyager (CC)		Star Trek: Enterprise (CC)		Star Trek Gen.
	294	650	47 TBS	The Office	The Office	My Boys	Sex and-City	Sex and-City	Batman & Robin ★ (1997) (PA) Arnold Schwarzenegger. (CC)			
	619	525	48 TROP	News Show	News Show	ET Canada	What	Family Guy	Seinfeld	Seinfeld	Frasier (CC)	Family Guy
	603	561	52 FN	Top Chef "Common Threads"		Restaurant Makeover Lub.		Iron Chef America (CC)		HEAT	HEAT	Top Chef
	626	547	57 COM	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	Comedy Inc.	Jon Dore	Daily Show
	320	621	60 CEN	(6:30) Between Truth and Lies		Introducing the Dwights ★★ (2007) Premiere.		(:45) Wide Awake ★★★ (2006) (CC)				Intro-Dwights
	581	566	101 MTV	From G's to Gents (N) (CC)		MTV Live	Second Half	Run's House	Run's House	From G's to Gents (CC)		MTV Live
	261	394	102 V	Jozi-H "Forgiveness"		China's Leap of Faith (N)		Quantum Leap		Eyes Down	On the Buses	Paid Program
	-	-	103 MUL	The Land	Daughters	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics' corner

Wide Awake

Can't sleep? You're not alone. Filmmaker Alan Berliner has insomnia, too, and he made it the subject of this 2006 documentary. A new father, he fears his lifelong sleep problems will be passed on to his son if he doesn't do something, and he takes viewers along for the ride as he visits a sleep clinic, consults various experts, and talks with his own friends and family members about what it means to be an insomniac and to love one. 5 PM on CEN

South Park

Remember seeing those pictures of smokers' lungs in health class? Or maybe your school didn't get into that much detail and just held an anti-smoking assembly, like in this episode, "Butt Out." After the presentation, the boys decide to give smoking a try. They're caught and become the focal point of director Rob Reiner's anti-tobacco campaign. 9:30 PM on COM

Train, not vain
The X-Files star Gillian Anderson prefers to get around on London's subway system, because, according to her, she doesn't attract unwanted attention. IMDB.COM

Celebrity Buzz

Eva Longoria: Starter hubby had tough go

RELATIONSHIPS Eva Longoria Parker has admitted she was a bad wife to her first husband Tyler Christopher, imdb.com reports.

The Desperate Housewives star wed the U.S. soap actor in 2002, but their marriage only lasted two years.

And the star confesses she wasn't the dutiful wife she is to her second husband, basketball star Tony Parker, insisting she was too young for marriage.

"He was a lovely man, but I was very young," she says. "I didn't know who I was, and I was still struggling as an actor.

I was a terrible wife."

METRO NEWS SERVICES

Shia with the ladies

DATING Actor Shia Labeouf is convinced he's unlucky with women, because he's not a typical Hollywood playboy, imdb.com reports.

The Transformers star, 22, admits he's become a hit with the ladies since his sudden rise to fame with roles in a series of box-office smashes this summer, but insists he has yet to perfect his pickup lines.

"I'm enjoying myself," he says.

"But I'm not great with women, dude.

I'm not a closer. I can chat all night long, but I'm not the guy who goes, 'OK, back to my room.'

"I've never been that way. It's not my presence, I just can't do it.

"But it's not been a priority of mine for a while."

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Keira talks sex with ma

FAMILY Actress Keira Knightley has revealed she talks frankly about sex with her mother, the Daily Mirror reports.

Knightley, 23, described her playwright mother Sharman Macdonald, 57, as a "chilled-out hippy."

"Mum and I would always talk about sex," Knightley said.

"She'd come up to my room, have me roll her cigarettes and then tell me I had to have one with her.

"It's not the typical mother-daughter thing, but but we're extremely close."

METRO NEWS SERVICES

celebrity brief

'Homewrecker' seeking bailout

CAREER Sienna Miller has reportedly begged her married lover to help save her Hollywood career, femalefirst.co.uk reports.

The actress is said to be terrified film bosses will avoid working with her because she has been branded a "homewrecker" since she started dating actor Balthazar Getty.

Miller has reportedly asked Getty to try to convince his estranged wife Rosetta to release a statement confirming their marriage was over before he started dating Miller.

"Sienna is being portrayed as a femme fatale and fears for her career because Hollywood hates a homewrecker," a source told Britain's News of the World.

"She hopes Balthazar can get Rosetta to put out a statement saying their marriage was already over. They have already got friends to speak out, saying he was sleeping on their sofas."

METRO NEWS SERVICES

Knight, partner thinking adoption

ADOPTION Grey's Anatomy star TR Knight and his partner are reportedly planning to adopt a child, femalefirst.co.uk reports.

Just six months into their relationship, 35-year-old Knight and 19-year-old student Mark Cornelsen are exploring possibilities and watching closely as friends try to adopt a child.

"One of our friends is in the middle of it right now, and it's been fun to see the whole process," Cornelsen says.

METRO NEWS SERVICES

Tunstall psyched for wedded life

RELATIONSHIPS Singer KT Tunstall didn't think of herself as someone who'd get excited about marriage, but the engaged rocker has changed her tune, People.com reports.

"I can't wait," she said. "I didn't think I would (want to get married.) But I am excited about it."

In fact, just deciding to tie the knot has been a life-changing experience for the singer, who accepted a proposal from boyfriend, Luke Bullen on Christmas Day.

METRO NEWS SERVICES

celebrity briefs

Minnie might dump daddy

FAMILY Pregnant Minnie Driver says she's not sure if she will stay with her child's father, the Daily Mail reports. The actress – due any day – hasn't revealed the baby's father. "I don't know if I'll stay with the guy," she told the New York Post.

METRO NEWS SERVICES

It's solo status for Julia Stiles

RELATIONSHIPS Julia Stiles has split from her artist boyfriend Jonathan Kramer, imdb.com reports. The pair, who dated for more than two years, are citing "irreconcilable differences."

And the actress doesn't seem to be dealing with it too well, after she reportedly lashed out at fans in New York who she thought were taking snaps of her.

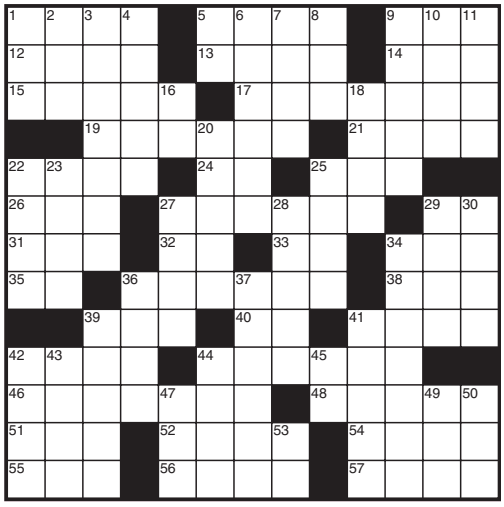
According to New York gossip column PageSix, Stiles mistakenly assumed a group of diners were taking photographs of her, and stormed out, saying, "Bye, guys — glad you got your picture!"

But Stiles's representative denies the actress was aggressive

METRO NEWS SERVICES

Tying the knot
Kate Moss may be planning to marry her boyfriend Jamie Hince in December. The supermodel reportedly told friends the pair will tie the knot in Ireland after postponing plans to marry this summer. FEMALEFIRST.CO.UK

Take Five



Crossword down

1 However
2 — you sure?
3 Eagles and hawks
4 Post-sneeze word
5 UK
6 Force through
7 Lean against
8 Remote
9 Short and thick
10 Ache
11 Whisper loudly
16 Brief query
18 Stingy
20 Homer opus
22 Course finale
23 Extra dry
25 Splinter group
27 Faint trace
28 Beatrice's admirer
29 Costa —
30 Seaweed derivative
34 Ornate fabric
36 Modicum
37 Man on a date
39 To the third power
41 Poker pair
42 — noire
43 Comet, to an ancient
44 Water, to Pedro
45 Tao — Ching"
47 Sinbad's transport
49 Cable channel
50 Smidgen
53 True

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Crossword across

1 Zinger
5 The "— Spee"
9 Librarian's warning
12 River in Russia
13 Rum-soaked cake
14 On the — vive
15 Portable home
17 Undertones
19 Casual top (hyph.)
21 Grabs a bite
22 Southwestern art center
24 Behold!
25 Practiced Zen
26 Screw things up
27 Secret
29 Nile sun god
31 Family nickname
32 Midwest st.
33 New car option
34 Kindhearted
35 Gridiron stat
36 Hit the Tab key
38 NEC competitor
39 Camp bed
40 Map abbr.
41 Go hang-gliding
42 Spell
44 Acid in vinegar
46 Blockade
48 Precise
51 Golf ball stand
52 What we have
54 Millay or Ferber
55 Call it quits
56 "Julius Caesar" role
57 Cellphone button

previous day's answer

D	Y	E	S		P	A	R	E		G	O	T
A	U	D	I		I	R	A	N		R	H	O
P	R	I	G		A	A	H	S		I	N	N
	T	E	N	A	N	T		U	N	T	O	
			E	G	O		Y	E	A			
C	H	I	D	E		P	A		G	L	O	W
R	U	T		S	H	O	P	S		A	I	R
O	M	A	R		I	I		I	M	P	L	Y
			U	S	E		S	T	Y			
	V	A	M	P		U	T	U	R	N	S	
P	I	P		A	R	L	O		I	O	N	S
O	L	E		N	I	N	O		A	T	O	P
D	E	S		S	O	A	P		D	E	W	Y

This day in history

AUG. 12, 30 B.C.: Cleopatra commits suicide after her lover Mark Antony's defeat at the battle of Actium.
AUG. 12, 1833: Chicago was founded.
AUG. 12, 1851: Isaac Singer granted a patent for his sewing machine.
AUG. 12, 1908: First Model T Ford built.
AUG. 12, 1964: South Africa is banned from the Olympic Games due to the country's racist policies.
AUG. 12, 1981: The IBM Personal Computer is released.
AUG. 12, 1990: Sue, the most complete skeleton of a Tyrannosaurus rex, is discovered near Faith, South Dakota.

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Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A relative's absurdity reaches new heights. People in charge will raise roadblocks. Someone has played hard and lost the game.

TAURUS
APRIL 21-MAY 21
A scoundrel tries to cheat a current playmate. Someone makes an unscheduled departure. Rely on yourself to fulfill your own needs.

GEMINI
MAY 22-JUNE 21
Illness will cancel certain plans. An absurd talk will please you. Don't push too hard for a complete disclosure.

CANCER
JUNE 22-JULY 22
Bizarre behaviour gets stale fast. Contact someone to collect a family photo. A compulsive talker tells you about a delay.

LEO
JULY 23-AUG 23
A flirtation is a win-win situation. Precious moments will lighten your mood. A bewitching person changes your plans.

VIRGO
AUG 24-SEPT 22
Someone will try to deceive you. Be realistic about your expectations. A confession will change your attitude.

LIBRA
SEPT 23-OCT 23
Do the right thing, in spite of your issues. A headache results from being too serious. Find an easier way to become well-known.

SCORPIO
OCT 24- NOV 22
Don't rush into a difficult situation. Be calm when dealing with an agitated person. If you sidestep a problem, it will just go away.

SAGITTARIUS
NOV 23- DEC 21
Control the tendency to be outspoken. Tact is needed to deal with an erratic woman. Profit is made from an unusual venture.

CAPRICORN
DEC 22-JAN 20
Someone will ask you to escape more often. Make amends for a wrongful act. Ditch a parasitical friend.

AQUARIUS
JAN 21-FEB 18
Start pampering yourself. Mischief-making leaves someone else holding the bag. You'll get a lucky break and enjoy abundance.

PISCES
FEB 19-MAR 20
A job-related issue needs fine-tuning. Passion takes a back seat to practicality. Kindness allows you to escape from misery.

Sudoku

9	3						5	4
		7	9			2		
4			2		5			
6				7		1	4	
				1				
	2	5		3				6
			8		6			2
		8			1	6		
5	7						1	8

HOW TO PLAY SUDOKU:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

7	4	3	5	9	6	1	2	8
5	9	6	1	2	8	4	7	3
8	2	1	7	4	3	6	9	5
4	7	2	9	5	1	8	3	6
3	6	5	4	8	2	7	1	9
9	1	8	6	3	7	5	4	2
6	3	4	2	1	5	9	8	7
2	5	9	8	7	4	3	6	1
1	8	7	3	6	9	2	5	4

SUDOKU SOLVE TIME IN MINUTES:

Under 13. . . . . Genius
13-17 . . . . . Scholar
17-21. . . . . Smart
21-25. . . . . Not bad
25+ . . . . . Keep practising

more games metronews.ca

Vancouver weather

The Weather Network theweathernetwork.com

Afternoon	Tonight	Wednesday	Thursday	Friday
Variable. 21°	Clear. Low 15°	Partly cloudy. 20°/ 15°	Sunny. 24°/ 18°	Sunny. 24°/ 17°

Temperature
Normals
High: 22.3°
Low: 13.4°

Records
High: 31.9°/1990
Low: 8.9°/1938

Sunrise: 6:01 a.m.
Sunset: 8:33 p.m.
Moonset: 1:10 a.m.
Moonrise: 6:40 p.m.

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(604) 556-7702
BURNABY
Crystal Square
(604) 436-3110
Highgate Village
(604) 521-3338
Lougheed Mall
(604) 420-7979
Lougheed Mall Kiosk
(604) 444-0240
Metropolis at Metrotown
(604) 433-8000
Metropolis
(604) 430-3903
Crystal Square
(604) 718-2112
Metrotown Centre
(604) 432-9303
101-3855 Henning Dr.
(604) 431-2900
4548 Kingsway
(604) 431-8810
CAMPBELL RIVER
Ironwood Mall
(250) 850-1535
Discover Harbour Ctr.
(250) 286-1008
CHILLIWACK
Cottonwood Mall
(604) 858-0017
CLOVERDALE
Cloverdale Crossing
Shopping Centre
(778) 571-0776
COQUITLAM
Coquitlam Centre Mall
(604) 941-6122
#1071-1163
Pinetree Way
(604) 945-6162
Coquitlam Ctr. Kiosk
(604) 944-8668
H-341 North Rd.
(604) 939-4777
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Driftwood Mall
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DELTA
Scottsdale Mall
(604) 590-9011
102-9250-120th St.
(604) 582-9999
110-8067-120th St.
(604) 592-9199
Bay Side Village
(604) 943-3602
DUNCAN
Fort Centre
(250) 748-6388
LANGLEY
Fraser Crossing
(604) 532-0440
Willowbrook Mall
(604) 532-9099
Willowbrook Kiosk
(604) 532-8400
Walnut Grove
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Westgate Mall
(604) 460-2888
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(604) 820-0811
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Woodgrove Centre
(250) 390-1820
Port Place Mall
(250) 741-8288
2540 Bowen Rd.
(250) 756-0517
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1422 Lonsdale
(604) 983-3025
Lynn Valley Centre
(604) 984-8900
Norgate Mall
(604) 983-3335
RICHMOND
Aberdeen Ctr.
(604) 279-9187
Admirality Centre
(604) 303-0308
Continental S/C
(604) 279-8868
10400 Bridgeport Rd.
(604) 244-0550
Empire Centre
(604) 276-9868
Richmond Centre
(604) 273-2203
Landsdowne Mall
(604) 247-2355
Aberdeen Centre
(604) 303-8811
SURREY
Central City
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Guildford Town Centre
(604) 951-9399
Nordel Crossing
(604) 543-8886
Semiahmoo Mall
(604) 536-1010
Strawberry Hill
Shopping Centre
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(604) 572-9955
#820-3041-152nd St.
(604) 531-2500
#101-7320 King George Hwy.
604-599-5522
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(604) 892-1122
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(604) 433-4991
155-139 Keefer St.
(604) 683-8283
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(604) 325-6665
1807 Burrard St.
(604) 736-3326
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(604) 688-3883
5759 West Blvd.
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2691 West Broadway
(604) 736-1813
920 Davie St.
(604) 684-5981
1022 Mainland
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UBC-2160 Western Parkway
(604) 221-5505
601 Robson St.
(604) 662-3931
1295 Robson St.
(604) 685-8518
1093 Robson St.
(604) 628-1388
Kingsgate Mall
604-879-1003
VICTORIA
Tillicum Mall
(250) 386-2282
Westshore Mall
(250) 478-3912
401-3989 Quadra St.
(250) 389-2818
1306 Douglas St.
(250) 389-0818
766 Hillside Ave.
(250) 380-1011
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(250) 385-8000
Shelbourne Plaza
(250) 477-5999
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Park Royal South
(604) 921-4880
WHISTLER
4338 Main St.
(604) 932-2021

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Brentwood Mall
(604) 320-0789
NORTH VANCOUVER
Capilano Mall
(604) 983-9744
VANCOUVER
Pacific Centre
(604) 801-5292
VICTORIA
Bay Centre
(250) 385-6151
Hillside Mall
(250) 370-4339
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(250) 382-4196

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